

**wattbike**



TRAINING PLAN

# HAUTE ROUTE 7 DAY EVENT



# HAUTE ROUTE 7 DAY EVENT TRAINING PLAN

## ABOUT THE HAUTE ROUTE 7 DAY EVENT

The Haute Route seven day events are gruelling feats of endurance. The seven stages take in famous roads and parcours often ridden and raced on by professional Grand Tour riders, so you need to be on top form on the start line. A typical stage will take see you spending five to eight hours a day on the bike. But alongside endurance, you'll need the strength and power to get up some testing climbs and the ability to recover overnight to be ready for the next day.

Training for the Haute Route is a big commitment and ideally you'll have done some previous cycling training. As a minimum, we recommend having completed the base training plan available from Wattbike but ideally, you'll have a couple of years of riding experience too. Training for the Haute Route requires you to dedicate a lot of time to riding, so factor in work, family and general life before you commit.

## ABOUT THIS TRAINING PLAN

This progressive training plan is designed specifically for the Haute Route seven day events and is based on up-to-date training methodology and experience of preparing riders for multi-day rides.

- Strength
- Threshold training
- Endurance

This 12-week training plan uses a 'polarised' training model – 80% below your FTP\*; 20% above your FTP – a proven and effective method of training for distance events. It considers the the training load required to complete the Haute Route and the key components of performance that will ensure success. The 12 weeks of training are split up into three blocks: strength, threshold and endurance.

*\*Functional Threshold Power - the highest average power you can sustain for an hour, measured in watts.*

The Haute Route is famous for its' climbs, so we need to make sure you have the strength to keep turning the pedals when the road heads upwards.

### Strength

The Haute Route is famous for its climbs and the plan starts with a four-week strength block to help you keep the pedals turning when the road goes upwards. A combination of low cadence intervals and hill climbs will give you the grounding on which to climb stronger and faster as the training plan progresses.

### Threshold

The next focus is increasing your lactate threshold. Lactate is an enzyme that neutralises lactic acid - the stuff that makes your legs burn. The harder you ride, the more lactic acid you produce until eventually you can't produce enough lactate to neutralise the acid - that's when the wheels stop turning. Haute Route climbs are steep and long, so the longer you can go without going into the 'red zone', the quicker and easier the climbing will be. By systematically training at higher intensities, you can push up your 'threshold' and help your body become more efficient at clearing lactic acid.

### Endurance

Lastly, we need to ensure you have enough endurance to ride for five to eight hours a day. Your last training block focuses on your cycling efficiency and your ability to use fats, rather than carbohydrates, as a fuel source. Becoming more efficient at using fat as fuel helps to preserve your glycogen stores for when you really need them, which helps you ride further and faster.

As the training plan progresses the training gets more specific and starts to replicate the riding you'll do on the Haute Route. The plan requires 10 hours of training in the first week, progressing to 20 hours in the tenth week, with an increasing intensity as well.

Your training workload will progress by roughly 11% week on week throughout the plan, increasing in intensity and duration as you progress. The biggest training load comes in week 10 before a recovery week and taper week, where you'll keep the intensity high to maintain fitness but the duration low, to prevent fatigue.

## ABOUT THE AUTHORS

This plan is designed by Veloptima and InPursuitCoaching who together have more than 40 years of racing, coaching, scientific knowledge and experience. It brings together current tried and tested scientific principles, alongside cycling-specific coaching and training principles to make sure that you develop the specific physical qualities that you will need to complete a 7-day event in fine style.





RECOMMENDED EQUIPMENT:

INDOORS:

750ml bottle  
of water x2

A fan



Heart rate  
monitor

Padded  
cycling shorts

Wattbike

Cycling shoes,  
cleats and  
appropriate  
pedals

OUTDOORS :

Breathable,  
well-fitting  
and safe  
helmet

Polarised  
sunglasses

Data recording  
device with  
power meter  
and heart rate  
monitor

Sunscreen

2x 750ml  
water bottles



A short sleeve  
jersey with  
good pocket  
space and  
breathability

Padded cycling  
shorts

Well  
maintained  
and correctly  
fitting  
road bike

Spare inner  
tubes and  
appropriate  
tools

Cycling shoes,  
cleats and  
appropriate  
pedals



## TRAINING TIPS AND ADVICE

### CONSISTENCY AND DECISION MAKING

- **Be adaptable.** Training and life are not always compatible - we get that. Swapping rest days and riding days can help to fit the plan around your life.
- **Consistency is key.** Skipping sessions, or taking a week off, will undoubtedly put pay to your progress. But if kids, work, DIY etc mean you can't complete an entire session don't stress out, just shorten it instead.
- **Don't play catch up.** If you do miss a session completely don't try and squeeze it in - you could risk fatigue and injury. The plan is designed to gradually increase your workload and the focus shifts week by week, so if you miss a session simply draw a line under it and carry on with the plan. If you miss more than three sessions in a row go back to the beginning of that week and start again.



### FATIGUE AND RECOVERY

As you move through this training plan you'll increase the workload on your body, which will undoubtedly make you tired and fatigued. Recognising the signs of fatigue is important so that you can allow your body to recover appropriately. Ways to spot fatigue:

#### Measure your heart rate

Measuring and recording your resting heart rate two-to-three times per week is a good way to monitor your general health. Increases of 10-20 beats per minute compared to usual could indicate illness or fatigue. Take a rest day and measure again the next day. If it's back to normal get back on the bike.

#### Monitor the quality of your sleep

The pros love sleep and so should you - it helps rebuild proteins and replenish muscle glycogen. Get into a routine where you go to bed and wake up at the same time each day, and don't take your phone to bed - the blue light is thought to disrupt sleep.

#### Listen to your body

If you're falling asleep at your desk and your muscles feel sore take a little break to recover before going back to the plan.

#### Add stretches to your warm up and cool down

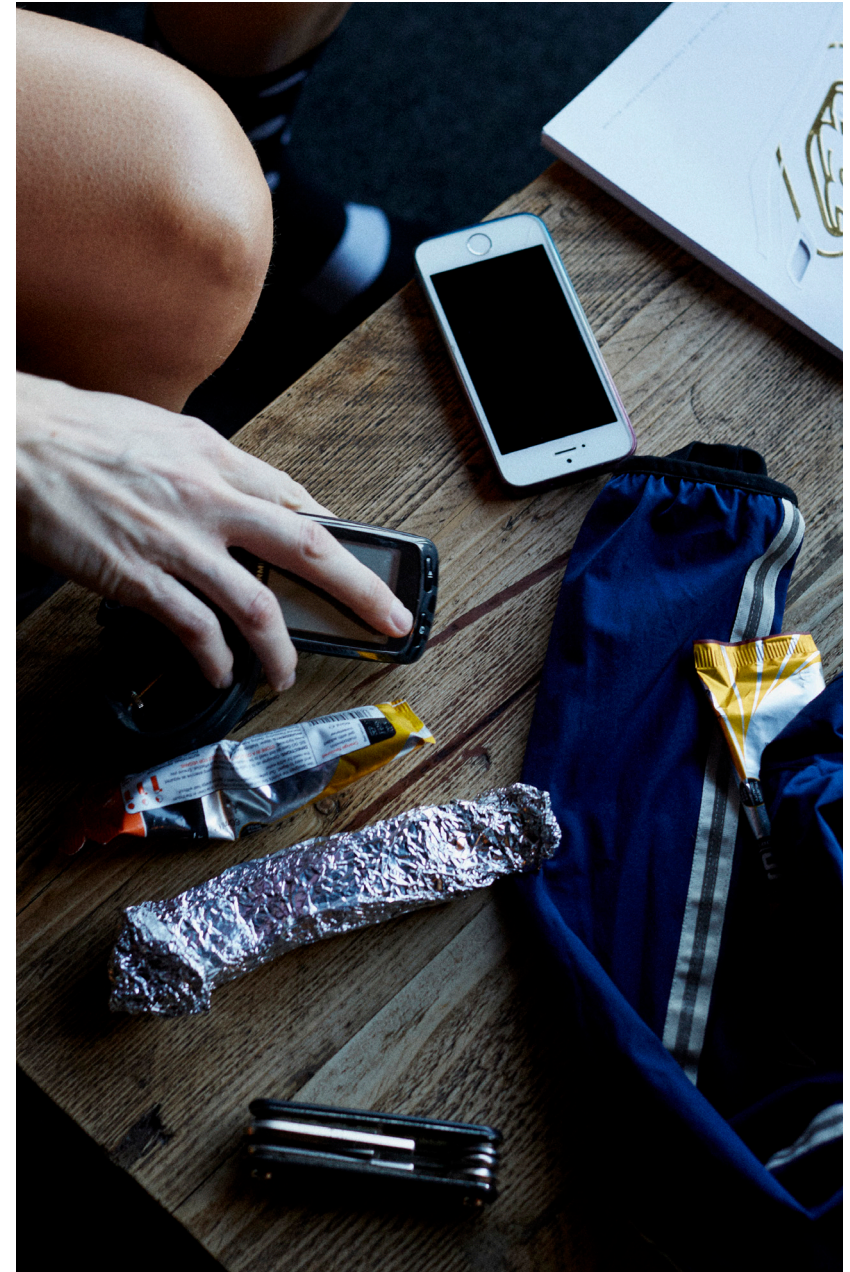
Adding a stretching routine to your warm up and cool down will improve the quality of your workout and speed up your recovery.

## NUTRITION SUPPORT

Diet plays a huge role in your training. Eating well and timing your nutrition will ensure you are optimally fuelled for each session – allowing you to dig deeper and train harder. Dialling your nutrition will help recovery between sessions too.

The Haute Route is a predominantly endurance-based challenge, which presents unique nutritional needs. Here, are five tips for optimising your nutrition throughout this plan:

1. **Eat protein and carbohydrate within 30 minutes of finishing each training session.** This is the optimal time to replenish the stores you've used during exercise and to kickstart the recovery and adaptation process.
2. **Eat a balanced diet** of carbohydrates (roughly 60%), protein (roughly 25%) and fats (roughly 15%). Make sure this includes a good selection of vitamins and minerals derived from fruit and vegetables.
3. **Stay hydrated all the time.** Water is the main component of your body. Dehydration reduces performance and prevents recovery from exercise. Aim to drink approximately two litres of water per day plus 600-800 ml extra for every hour of exercise.
4. **Avoid processed and manufactured foods.** A diet of whole and natural foods will help you train and recover better.
5. **Eat during sessions longer than 90 minutes.** After 90 minutes you will have significantly depleted your muscle glycogen (fuel stores). Eating – real food or energy bars – will help your body keep up the intensity and quality of your workout. Aim for a minimum of 1 to 1.5g carbohydrate per kg of body weight per hour after the first hour. (E.g. if you weigh 80kg you'll need to eat 80g of carbs).

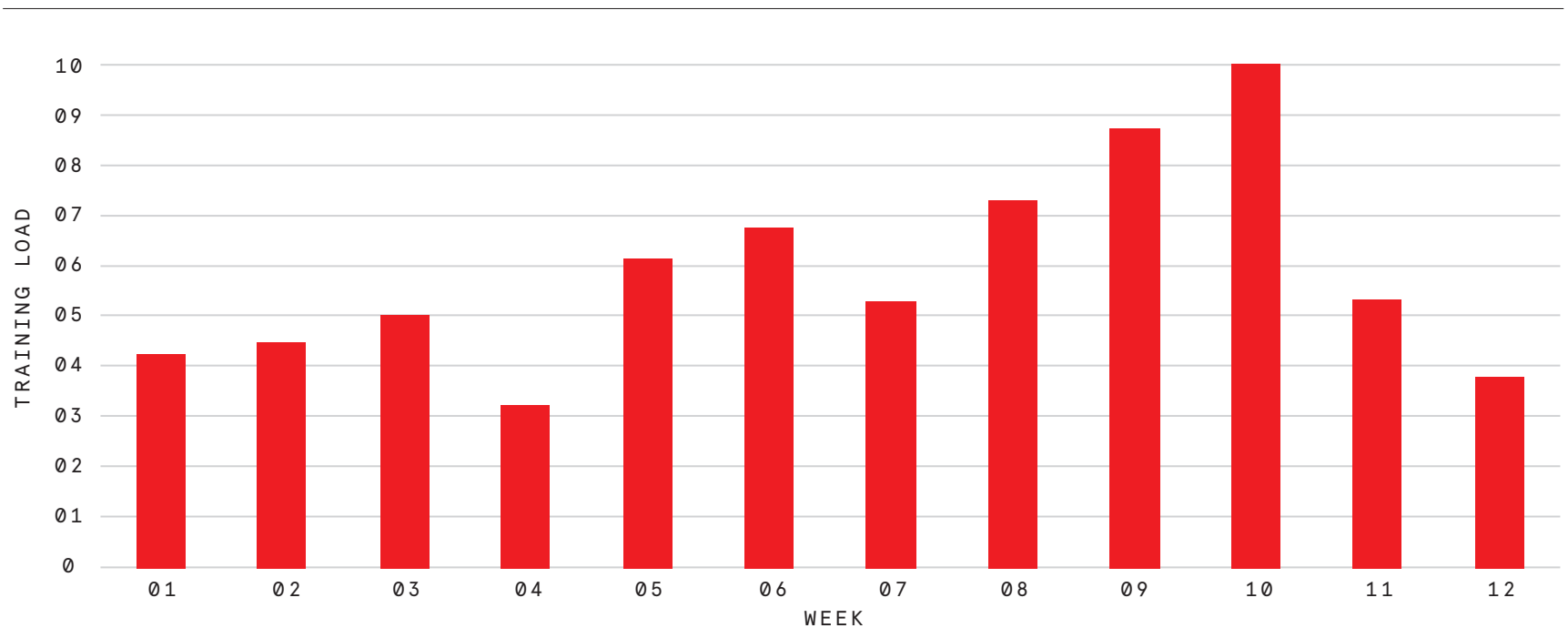


## TRAINING LOAD

The duration and intensity of a training session place a stress on your body. This stress is commonly called 'training load'. A shorter, low intensity session has a low training load and a longer, higher intensity session has a high training load.

This graph shows how training load is distributed week by week over the duration of the Haute Route 7-Day Plan. Some weeks have a high load, where the body is under physiological stress – as the body adapts to this stress your fitness should improve. Other weeks have a lower load, giving your body a chance to recover fully. Periods of lower load also help maximise your adaptation from the previous, higher intensity training sessions.

As the weekly training load increases throughout the plan, so does the physiological stress and as the two increase, so should your cycling fitness.





## TESTING AND TRAINING ZONES

Before you start a training plan it's useful to test, or evaluate, your current level of cycling fitness. Having a baseline will help gauge how effective your training is and can highlight any weaknesses.

For amateur cyclists and those testing at home, the 20-minute functional threshold power (FTP) test, or 'threshold test', is one of the most common ways to test fitness. An FTP test requires you to ride as hard as you can for 20-minutes. Measured in watts, it's used to determine your training zones (power and heart rate) and to measure improvement. Over time, as you progress through the plan your FTP should increase.

ZONE	DESCRIPTION	POWER (%FTP Power)	HEART RATE (%FTP HR)	PRIMARY PHYSIOLOGICAL ADAPTIONS
1	Active Recovery	<55	<68	Short term maintenance of physiological abilities
2	Endurance	56-75	69-83	Increased fat utilization
3	Tempo	76-90	84-94	Increased muscle glycogen storage and oxidative capacity
4	Lactate Threshold	91-105	95-105	Increased Oxidative capacity
5	VO2max	106-120	>106	Increased maximal cardiac output, increased oxidative capacity, fatigue resistance of fast twitch muscle fibres, increased power.
6	Anaerobic Capacity	121-150	N/A	Increased muscle buffering capacity, increased strength and power.

## BLOCK 1 FOCUS: STRENGTH

KEY

RED = Preferred session  
BLACK = Alternative session

### WEEK 1

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>	1 hour Low cadence mid length intervals		1 hour Short intervals, shorter recoverys	1 hour Low cadence mid length intervals	1 hour zone 3 low cadence tempo effort	2 hours paced zone 2/3 efforts	2 hours steady zone 2 with zone 4 threshold efforts
<b>Wattbike Instructions</b>	Warm up for 10 mins in zone 2,  ride for 4 mins in zone 4 at a low cadence (<85rpm),  6 mins zone 1 recovery x5 (50 mins)	Rest Day	Warm up for 10 mins in zone 2,  cycle for 40 secs in zone 4,  20 secs zone 1 x10,  5 mins zone 1 recovery then repeat a further two times (3 times in total),  cool down in zone 2 for 5 mins	5 mins zone 1,  5 mins zone 4 low cadence (<85rpm) x5,  10 mins zone 1 cool down	10 mins zone 2 warm up,  40 mins zone 3 80-90rpm,  10 mins zone 1 cool down	Zone 2/3 ride, 1 hour 20 mins in zone 2 and 40 mins zone 3	2 hour zone 2 base miles ride with 3x 10 mins zone 4 efforts low cadence (<85rpm)
<b>Outdoor Summary</b>						3 hours paced zone 2/3 efforts	3 hours steady zone 2 with zone 4 threshold efforts
<b>Outdoor Instructions</b>		Rest Day				Flat 3 hour zone 2/3 ride, try to spend 2 hours in zone 2 and 1 hour zone 3	3 hour zone 2 base miles ride with 3x 10 mins zone 4 efforts low cadence (<85rpm), ideally on a hill



# 02

## WEEK 2

**HAUTE ROUTE  
7 DAY TRAINING PLAN**

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour Low cadence mid length intervals	1 hour Short intervals, shorter recoverys	1 hour Low cadence mid length intervals	1 hour zone 3 low cadence tempo effort	2 hours paced zone 2/3 efforts	2 hour 30 mins steady zone 2 with zone 5 efforts
<b>Wattbike Instructions</b>	Rest Day	Warm up for 10 mins in zone 2,  ride for 5 mins in zone 4 at a low cadence (<85rpm),  5 mins zone 1 recovery x5 (50 mins)	Warm up for 10 mins in zone 2,  cycle for 50 secs in zone 4,  10 secs zone 1 x10,  5 mins zone 1 recovery then repeat a further two times (3 times in total),  cool down in zone 2 for 5 mins	5 mins zone 1 warm up,  7 mins zone 4 low cadence (<85rpm),  3 mins zone 1 recovery x5,  5 mins zone 1 cool down	10 mins zone 2 warm up,  40 mins zone 3 75-85rpm,  10 mins zone 1 cool down	2 hour zone 2/3 ride,  1 hour 20 mins in zone 2 and 40 mins zone 3	2 hour 30 session  20 min zone 1 warm up,  2 hours 30 mins in zone 2 with 2x 5 min zone 5 climbs,  20 mins zone 1 cool down
<b>Outdoor Summary</b>						3 hour 30 mins paced zone 2/3 efforts	3 hours 30 mins steady zone 2 with zone 5 climb efforts
<b>Outdoor Instructions</b>	Rest Day					3 hour 30 mins flat zone 2/3 ride.  Try to spend 2 hour 30 mins in zone 2 and 1 hour zone 3	30 min zone 1 warm up,  2 hours 30 mins in zone 2 with 2x 5 min zone 5 climbs.  30 mins zone 1 cool down

# 03

## WEEK 3

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour Low cadence mid length intervals	1 hour Short intervals, shorter recoverys	1 hour Low cadence mid length intervals	1 hour zone 3 low cadence tempo effort	2 hours 30 mins paced zone 2/3 efforts	3 hours steady zone 2 with zone 4 efforts
<b>Wattbike Instructions</b>	Rest Day	Warm up for 10 mins in zone 2,  ride for 6 mins in zone 4 at a low cadence (<85rpm),  4 mins zone 1 recovery x5 (50 mins)	Warm up for 10 mins in zone 2,  cycle for 50 secs in zone 4,  10 secs zone 1 x12,  3 mins zone 1 recovery then repeat a further two times (3 times in total),  cool down in zone 2 for 5 mins	5 mins zone 1 warm up,  5 mins zone 5 low cadence (<85rpm),  5 mins zone 1 recovery x5,  5 mins zone 1 cool down	10 mins zone 2 warm up,  40 mins zone 3 70-80rpm,  10 mins zone 1 cool down	2 hour 30 mins Zone 2/3 ride, 1 hour 20 mins in zone 2 and 1 hour 10 mins zone 3	3 hour ride.  Warm up steady in zone 1 for 20 mins,  ride in zone 2 for 2 hours 20 mins with 2x 5 mins zone 4 low cadence (<85rpm) efforts,  cool down for 20 mins in zone 1
<b>Outdoor Summary</b>						4 hours paced zone 2/3 efforts	4 hours steady zone 2 with zone 4 climb efforts
<b>Outdoor Instructions</b>	Rest Day					4 hour flat zone 2/3 ride,  try to spend 3 hours in zone 2 and 1 hour zone 3	Warm up steady in zone 1 for an hour,  ride in zone 2 for 2 hours with 4x 10 mins zone 4 climbs separated by at least 10 mins,  cool down for 1 hour in zone 1



# 04

## RECOVERY WEEK

### WEEK 4

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour recovery ride	1 hour recovery ride	1 hour recovery ride	1 hour zone 3 ride	3 hours zone 2/3 intervals	
<b>Wattbike Instructions</b>	Rest Day	1 hour zone 1 active recovery session, make sure you stay in zone 1 for the whole of this session	1 hour zone 1 active recovery session, make sure you stay in zone 1 for the whole of this session	1 hour zone 1 active recovery session, make sure you stay in zone 1 for the whole of this session	10 min zone 1 warm up 50 mins zone 3	3 hour zone 2/3 ride, 1 hour 40 mins in zone 2 and 1 hour 20 mins zone 3	Rest Day
<b>Outdoor Summary</b>					2 hours paced zone 3 fat burning ride	5 hours zone 2 base miles ride	
<b>Outdoor Instructions</b>	Rest Day				10 mins zone 1 warm up, 1 hour 40 mins zone 3 ride, 10 mins zone 1 cool down	5 hour zone 2 base ride, keep it flat and in zone 2	Rest Day

# 05

## BLOCK 2 FOCUS: THRESHOLD TRAINING

### WEEK 5

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 30 mins over/under threshold intervals	1 hour 28 mins ramping threshold intervals	1 hour zone 3 fat burning ride	2 hours easy and steady zone 1 ride	2 hour 30 mins paced zone 2/3 efforts	3 hours base miles ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 2 warm up, 4 mins zone 4, 6 mins zone 3 x7, 10 mins zone 1 cool down	10 mins zone 1 warm up, 6 mins zone 4, 2 mins zone 5, 7 mins zone 1 recovery x5, 10 mins zone 1 cool down	1 hour zone 3 ride try to ride towards the top of zone 3	2 hours zone 1 steady ride	2 hours 30 mins Zone 2/3 ride, 1 hour 20 mins in zone 2 and 1 hour 10 mins zone 3	3 hour zone 2 steady ride
<b>Outdoor Summary</b>					2 hour 30 mins easy and steady zone 1 ride	5 hours zone 2 base miles ride with zone 5 climbs	4 hours 30 mins base miles ride
<b>Outdoor Instructions</b>	Rest Day				2 hour 30 mins zone 1 steady ride	5 hour zone 2 ride with 4x 5 min zone 5 climbs and 3x 10 min zone 4 climbs	4 hours 30 min zone 2 steady flat ride



# 06

## WEEK 6

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 30 mins over/under threshold intervals	1 hour 30 mins ramping threshold intervals	1 hour 15 mins zone 3 fat burning ride	2 hours easy and steady zone 1 ride	2 hours 30 mins paced zone 2/3 efforts	3 hours base miles ride
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 2 warm up, 5 mins zone 4, 5 mins zone 3 x7, 10 mins zone 1 cool down	10 mins zone 1 warm up, 8 mins zone 4, 2 mins zone 5, 5 mins zone 1 recovery x5, 5 mins zone 1 cool down	1 hour 15 mins zone 3 try to ride at the top of zone 3	2 hours zone 1 steady ride	2 hours 30 mins Zone 2/3 ride, 1 hour 20 mins in zone 2 and 1 hour 10 mins zone 3	3 hour zone 2 steady ride
<b>Outdoor Summary</b>					3 hours easy and steady zone 1 ride	5 hours 30 mins zone 2 base miles ride with zone 5 climbs	4 hours 30 mins base miles ride
<b>Outdoor Instructions</b>	Rest Day				3 hours zone 1 steady flat ride	5 hours 30 mins zone 2 ride with 6x 5 min zone 5 climbs and 3x 10 mins zone 4 climbs	4 hours 30 mins zone 2 steady flat ride

# 07

## RECOVERY WEEK

### WEEK 7

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 30 mins recovery ride	1 hour 30 mins recovery ride	1 hour 30 mins tempo fat burning ride	2 hours zone 2/3 paced efforts	3 hours base miles ride	1 hour high cadence recovery ride
<b>Wattbike Instructions</b>	Rest Day	1 hour 30 mins zone 1 active recovery ride	1 hour 30 mins zone 1 active recovery ride	1 hour 30 mins zone 3- try to ride at the top of zone 3	2 hour session: 1 hour zone 2, 1 hour zone 3	3 hour zone 2 steady ride	1 hour zone 1 easy ride keeping a high cadence (>95rpm)
<b>Outdoor Summary</b>					2 hours zone 2/3 paced efforts	6 hours flat base miles ride	1 hour 30 mins high cadence recovery ride
<b>Outdoor Instructions</b>	Rest Day				1 hour zone 2, 1 hour zone 3 x2	6 hour zone 2 steady flat ride	1 hour 30 mins zone 1 easy flat ride on the road keeping a high cadence (>95rpm)

## BLOCK 3 FOCUS: ENDURANCE/FAT UTILISATION

### WEEK 8

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		40 mins FTP Re-test	1 hour 30 mins high cadence max aerobic efforts	2 hours base miles ride with zone 5 efforts	2 hours 10 mins tempo fat burning effort	2 hour 30 mins tempo/max aerobic intervals	3 hours base miles with zone 4/5 efforts
<b>Wattbike Instructions</b>	Rest Day	FTP Test 10 mins zone 2 warm up, 20 mins zone 4 threshold effort, 10 mins zone 2 cool down	10 mins zone 2 warm up, 1 min zone 5 high cadence (>95rpm), 4 mins zone 2 x5, 20 mins zone 2 then repeat, 10 mins zone 2 cool down	2 hours zone 2 session with 2x zone 5 5 min climbs and 2x 10 mins zone 4 climbs separated by at least 10 mins	20 mins zone 1 warm up, 1 hour 30 mins zone 3, 20 mins zone 1 cool down	2 hours 30 mins: 30 mins zone 1 steady warm up, 10 mins zone 3, 5 mins zone 5 x6, 30 mins zone 1 cool down	3 hours zone 2 session with 3x 15 min zone 4 climbs/efforts and 3x 5 min zone 5 climbs/ low cadence efforts
<b>Outdoor Summary</b>				2 hours 30 mins- base miles ride with climbs		3 hour 30 mins- tempo/max aerobic intervals	7 hours- base miles with climbs
<b>Outdoor Instructions</b>	Rest Day			2 hours 30 mins zone 2 ride with 2x zone 5 5 min climbs and 2x 10 mins zone 4 climbs separated by at least 10 mins		3 hours 30 mins: 1 hour zone 1 steady warm up, 10 mins zone 3, 5 mins zone 5 x6, 1 hour zone 1 cool down	7 hours zone 2 ride with 3x 25 min zone 4 climbs/efforts and 3x 5min zone 5 climbs/ low cadence efforts



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 20 mins threshold effort	1 hour 30 mins high cadence max aerobic efforts	2 hours base miles ride with zone 5 efforts	2 hours tempo fat burning effort	2 hours tempo/threshold/ max aerobic intervals	3 hours base miles with zone 4/5 efforts
<b>Wattbike Instructions</b>	Rest Day	15 mins zone 2 warm up, 50 mins zone 4 threshold effort, 15 mins zone 2 cool down	10 mins zone 2 warm up, 2 mins zone 5 high cadence (>95rpm) 3 mins zone 2 x5, 20 mins zone 2 then repeat, 10 mins zone 2 cool down	2 hours zone 2 ride with 3x zone 5 5 mins efforts separated by at least 10 mins	2 hours session: 15 mins zone 1 warm up, 1 hour 30 mins zone 3, 15 mins zone 1 cool down	2 hours: 20 mins zone 1 steady warm up, 10 mins zone 3, 5 mins zone 5 x3, 10 mins zone 4, 5 mins zone 5 x3, 10 mins zone 1 cool down	3 hours zone 2 session with 3x 15 mins zone 4 climbs/efforts and 3x 5min zone 5 climbs/ low cadence efforts
<b>Outdoor Summary</b>				2 hours 30 mins base miles ride with climbs	2 hours 50 mins tempo fat burning effort	3 hours 30 mins tempo/threshold/ max aerobic intervals	7 hours base miles with climbs
<b>Outdoor Instructions</b>	Rest Day			2 hours 30 mins zone 2 ride with 3x zone 5 5 mins climbs separated by at least 10 mins	20 mins zone 1 warm up, 2 hours zone 3, 30 mins zone 1 cool down	1 hour zone 1 steady warm up, 10 mins zone 3, 5 mins zone 5 x3, 15 mins zone 4, 5 mins zone 5 x3, 1 hour zone 1 cool down	7 hour zone 2 ride with 4x 30 mins zone 4 climbs/ efforts and 5x zone 5 climbs/ low cadence efforts

# 10

## WEEK 10

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 30 mins threshold effort	1 hour 30 mins high cadence max aerobic efforts	2 hours base miles ride with zone 5 efforts	2 hours base miles ride with threshold efforts	2 hours tempo/threshold/ max aerobic intervals	3 hours base miles with zone 4/5 efforts
<b>Wattbike Instructions</b>	Rest Day	15 mins zone 2 warm up, 1 hour zone 4 threshold effort, 15 mins zone 2 cool down	10 mins zone 2 warm up, 3 mins zone 5 high cadence (>95rpm) 2 mins zone 2 x5, 20 mins zone 2 then repeat, 10 mins zone 2 cool down	2 hours zone 2 ride with 4x zone 5 5 min climbs separated by at least 10 mins	2 hours session: zone 2 with 3x 20 min zone 4 climbs/efforts	2 hours 30 mins: 30 mins zone 1 steady warm up, 10 mins zone 4, 5 mins zone 5 x3, 30 mins zone 1 recovery then repeat, 30 mins zone 1 cool down	3 hours zone 2 Session: 4 x 15 min zone 4 + 3 x 5 mins zone 5 climbs/efforts
<b>Outdoor Summary</b>				2 hours 30 mins base miles ride with climbs	4 hour base miles ride with threshold efforts/climbs	3 hours 30 mins tempo/threshold/ max aerobic intervals	7 hours base miles with climbs
<b>Outdoor Instructions</b>	Rest Day			2 hours 30 mins zone 2 ride with 4x zone 5 5 mins climbs separated by at least 10 mins	4 hour ride staying predominantly in zone 2 but incorporating 3x 30 min zone 4 climbs/efforts	3 hours 30 mins: 45 mins zone 1 steady warm up, 10 mins zone 4, 5 mins zone 5 x3, 30 mins zone 1 recovery then repeat, 45 mins zone 1 cool down	7 hours zone 2 ride with 8x 15 mins zone 4 + 5 x 5 mins zone 5 climbs/efforts

# 11

## RECOVERY WEEK

### WEEK 11

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 30 mins recovery ride	1 hour 30 mins recovery ride	1 hour 30 mins recovery ride	1 hour zone 1/2 easy ride	2 hours 30 mins base miles with high cadence threshold efforts	3 hours base miles with high cadence threshold efforts
<b>Wattbike Instructions</b>	Rest Day	1 hour 30 min zone 1 active recovery session	1 hour 30 min zone 1 active recovery session	1 hour 30 min zone 1 active recovery session	30 mins steady zone 2, 30 mins steady zone 1	2 hours 30 min Session: zone 2 steady ride with 3x 15 mins zone 4 efforts at high cadence (>95rpm)	3 hours session: zone 2 steady ride with 3x 15 mins Zone 4 efforts at high cadence (>95rpm)
<b>Outdoor Summary</b>					1 hour zone 1/2 easy ride	5 hours base miles with high cadence threshold efforts	5 hours base miles with high cadence threshold efforts
<b>Outdoor Instructions</b>	Rest Day				1 hour steady zone 2, 1 hour steady zone 1	5 hour zone 2 steady ride with 3x 30 mins efforts/climbs at high cadence (>95rpm)	5 hour zone 2 steady ride with 3x 30 mins efforts/climbs at high cadence (>95rpm)



# 12

## TAPER WEEK

### WEEK 12

HAUTE ROUTE  
7 DAY TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wattbike Summary</b>		1 hour 10 mins short high cadence intervals	1 hour easy ride with low cadence climbs	1 hour 30 mins easy ride with zone 4/5 efforts	1 hour threshold effort	1 hour 40 mins max aerobic intervals into threshold effort	1 hour Activation session
<b>Wattbike Instructions</b>	Rest Day	10 mins zone 1 warm up, 20 secs zone 5 high cadence (100+), 40 secs zone 1 recovery x10, 10 mins zone 1 recovery then repeat to complete a total of 3 times, 10 mins zone 1 cool down	1 hour zone 1 steady ride with 4x 5 mins zone 5 low cadence efforts (Hill climbing), separated by at least 10 mins	1 hour 30 mins zone 1 ride with 2 x 10 mins zone 4 climbs and 2x zone 5 5 mins high cadence (100rpm+) efforts separated by at least 10 mins	1 hour zone 4 threshold effort	10 mins zone 1 warm up, 5 mins zone 5 high cadence, 5 mins zone 1 recovery x4, 40 mins zone 4 threshold effort, 10 mins zone 1 cool down	Activation Session- 20 mins zone 1 warm up, 10 mins zone 4 high cadence (95+) 5mins zone 1, 10 secs 90% maximal sprint, 50 secs zone 1 recovery x6, 9 mins zone 4, 10 mins zone 1 cool down
<b>Outdoor Summary</b>				2 hours easy ride with zone 4/5 efforts			
<b>Outdoor Instructions</b>	Rest Day			2 hour zone 1 ride with 4x 10mins zone 4 climbs and 2x zone 5 5 min high cadence (100rpm+) efforts separated by at least 10 mins			

**wattbike**

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