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Sustainable 6-week Training Plan

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SUSTAINABLE 6-WEEK TRAINING PLAN

Use this recommended 6-week training plan if you have limited time due to work and life commitments. This plan aims to make the most of intense sessions, light endurance work and reduced volume to help maintain aerobic fitness and build on VO2 and sprint performance.



✓ Training Plan by **Demokritos Papadavid**



Born and raised in Paphos, Cyprus in March 1981. Dimokritos is a triathlete and a coach since a decade now and for many years he is competing in Cyprus

Federation events in short distances and longer distances, such as half and full IRONMAN with best result in Bahrain 70.3 finishing with a time of 4:14. Dimokritos expertise should eliminate the learning curve for you in this demanding race.



The 6-week training plan outlined above offers a variety of workouts that target both endurance and strength for cyclists. Here are the potential benefits and outcomes you can expect from following this plan:

- 1 Improved Endurance:** The regular endurance rides included in the plan help build your aerobic capacity and increase your ability to sustain efforts over longer periods. This leads to improved stamina and the ability to ride longer distances with less fatigue.
- 2 Increased Strength:** The strength training exercises incorporated into the plan, focusing on both lower body and core/upper body muscles, help enhance overall strength and power. Stronger muscles contribute to better pedaling efficiency, climbing ability, and handling the bike.
- 3 Enhanced Speed and Power:** Interval training, tempo rides, and hill repeats improve your anaerobic threshold and help develop speed and power. These workouts challenge your body to push harder and increase your ability to generate force, resulting in improved performance in sprints, climbs, and fast-paced group rides.
- 4 Enhanced Recovery:** Active recovery days and rest days are crucial for your body to repair and adapt to the training stress. Adequate recovery allows your muscles to rebuild, reduces the risk of overuse injuries, and ensures you're ready for the next challenging workout.



- 5 **Increased Confidence:** Progressing through the 6-week plan and seeing improvements in your performance can boost your confidence on the bike. As you become fitter, stronger, and more skilled, you'll feel more confident tackling challenging terrains, riding in groups, or participating in events.
- 6 **Weight Management:** Regular cycling workouts, combined with a balanced diet, can contribute to weight management or weight loss goals. Cycling is a calorie-burning activity that helps increase your metabolic rate and build lean muscle mass, aiding in maintaining a healthy body weight.
- 7 **Overall Fitness and Well-being:** Engaging in regular physical activity like cycling has numerous benefits for your overall fitness and well-being. It promotes cardiovascular health, reduces stress, improves mental clarity, and boosts your mood. Following a structured training plan enhances these benefits and provides a sense of accomplishment and motivation.

Guidance Advice

It's important to note that individual results may vary depending on factors such as your starting fitness level, adherence to the plan, and individual physiological characteristics. Adjustments to the plan may be necessary based on your specific goals, schedule, and capabilities. Consulting with a professional coach or trainer can provide further guidance and ensure a plan tailored to your needs.



Week 1



Day 1

Endurance Ride (60–90 minutes at a comfortable pace).

Day 2

Strength Training (focus on lower body exercises like squats, lunges, and leg presses).

Day 3

Rest or Active Recovery (easy ride or light cross-training).

Day 4

Intervals (10 minutes warm-up, followed by 6 × 1-minute high-intensity efforts with 2-minute recovery intervals).

Day 5

Rest!

Day 6

Long Endurance Ride (2–3 hours at a moderate pace).

Day 7

Rest!

Week 2



 Day 1

Endurance Ride (60–90 minutes).

 Day 2

Strength Training (focus on core exercises like planks, Russian twists, and stability ball exercises).

 Day 3

Rest or Active Recovery.

 Day 4

Hill Repeats (find a challenging hill and perform 6–8 repeats, focusing on maintaining good form and cadence).

 Day 5

Rest!

 Day 6

Long Endurance Ride (2.5–3.5 hours at a moderate pace).

 Day 7

Rest!

Week 3



 Day 1

Endurance Ride (60–90 minutes).

 Day 2

Strength Training (incorporate both lower body and upper body exercises, such as push-ups, pull-ups, and shoulder presses).

 Day 3


Rest or Active Recovery.

 Day 4

Tempo Ride (ride at a comfortably hard pace for 30–40 minutes).

 Day 5

Rest!

 Day 6

Long Endurance Ride (3–4 hours at a moderate pace).

 Day 7

Rest!

Week 4



 Day 1

Endurance Ride (60–90 minutes).

 Day 2

Strength Training (focus on lower body exercises with added resistance, such as weighted squats and deadlifts).

 Day 3

Rest or Active Recovery.

 Day 4

Interval Training (10 minutes warm-up, followed by 4 × 3-minute high-intensity efforts with 2-minute recovery intervals).

 Day 5

Rest!

 Day 6

Long Endurance Ride (3–4.5 hours at a moderate pace).

 Day 7

Rest!

Week 5



 Day 1

Endurance Ride (60–90 minutes).

 Day 2

Strength Training (focus on core and upper body exercises with added resistance).

 Day 3

Rest or Active Recovery.

 Day 4

Hill Repeats (increase the number of repeats from Week 2, aiming for 8–10).

 Day 5

Rest!

 Day 6

Long Endurance Ride (4–5 hours at a moderate pace).

 Day 7

Rest!

Week 6



 Day 1

Endurance Ride (60–90 minutes).

 Day 2

Strength Training (full-body workout with emphasis on functional movements).

 Day 3

Rest or Active Recovery.

 Day 4

Tempo Ride (increase the duration of the tempo ride from Week 3, aiming for 45–60 minutes).

 Day 5

Rest!

 Day 6

Long Endurance Ride.

 Day 7

Rest!

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