

DO THE PLAN WITH  
**DAN**

**from Zero to Hero in 10 weeks  
and just 5 hours a week**



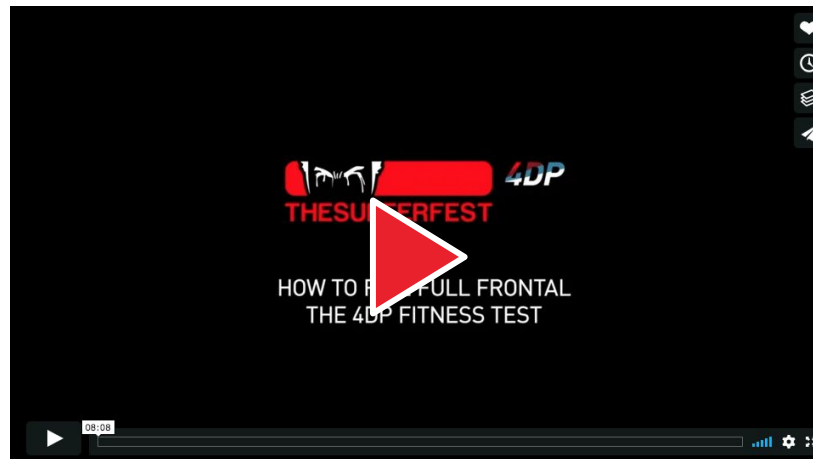
*#dotheplanwithdan*

# Before You Start The Plan



In order to ensure the workouts are adjusted to your own personal Power Profile, **you will need to complete the FITNESS TEST: FULL FRONTAL on or before 06 January 2018.**

Wondering what the best way to prepare for and ride Full Frontal is? We prepared an explainer video for you:



# PLAN OVERVIEW // Week 1 - 3

WEEK 1	TYPE	MON 07 JAN	TUE 08 JAN	WED 09 JAN	THU 10 JAN	FRI 11 JAN	SAT 12 JAN	SUN 13 JAN
<b>AND SO IT BEGINS</b> Period: <b>Base</b> Focus: <b>Transition</b> Ride Time: <b>2h44min</b>	BIKE	<b>DAY OFF</b> <i>(technically you are "recovering" from FULL FRONTAL)</i>	<b>The Long Scream</b> <i>**80% Intensity**</i>	<b>Do As You're Told</b> <i>**90% Intensity**</i>	<b>DAY OFF</b>	<b>G.O.A.T.</b>	<b>To Get To The Other Side</b> <i>**Only First 45min**</i>	<b>DAY OFF</b>
	YOGA		<b>Shake Off The Day</b>					
	MENTAL TOUGHNESS						<b>Identifying Your Mt. Sufferlandria</b>	
	STRENGTH TRAINING							
WEEK 2	TYPE	MON 14 JAN	TUE 15 JAN	WED 16 JAN	THU 17 JAN	FRI 18 JAN	SAT 19 JAN	SUN 20 JAN
<b>GETTING STRONGER</b> Period: <b>Base</b> Focus: <b>Strength</b> Ride Time: <b>3h34min</b>	BIKE	<b>DAY OFF</b>	<b>Butter</b>	<b>The Way Out</b>	<b>DAY OFF</b>	<b>Power Station</b> <i>**Before Strength**</i>	<b>The Wretched</b> <i>**90% Intensity**</i>	<b>DAY OFF</b>
	YOGA							
	MENTAL TOUGHNESS							
	STRENGTH TRAINING						<b>Beginner Level 1 Session A</b>	
WEEK 3	TYPE	MON 21 JAN	TUE 22 JAN	WED 23 JAN	THU 24 JAN	FRI 25 JAN	SAT 26 JAN	SUN 27 JAN
<b>SMOOTH OPERATOR</b> Period: <b>Recovery</b> Focus: <b>Cadence</b> Ride Time: <b>2h59min</b>	BIKE	<b>DAY OFF</b>	<b>Element of Style</b>	<b>Cadence Builds</b>	<b>DAY OFF</b>	<b>Who Dares</b> <i>**Reduce AC to 80% / FTP to 90%**</i>	<b>Open 30</b>	<b>DAY OFF</b>
	YOGA		<b>Recovery Booster</b>					
	MENTAL TOUGHNESS						<b>Relaxing to Recover</b>	
	STRENGTH TRAINING						<b>Beginner Level 1 Session A</b>	

# PLAN OVERVIEW // Week 4 - 6

WEEK 4	TYPE	MON 28 JAN	TUE 29 JAN	WED 30 JAN	THU 31 JAN	FRI 01 FEB	SAT 02 FEB	SUN 03 FEB
<b>UNDER PRESSURE</b> Period: <b>Base</b> Focus: <b>Anaerobic Capacity</b> Ride Time: <b>3h38min</b>	BIKE	DAY OFF	Revolver <i>**After Strength**</i>	The Downward Spiral	DAY OFF	Blender (Mini-Version)	The Tool Shed <i>**Reduce NM down to 85% / AC down to 90% / MAP down to 95% / FTP down to 95%**</i>	DAY OFF
	YOGA		Beginner Level 1 Session B					
	MENTAL TOUGHNESS							
	STRENGTH TRAINING							
WEEK 5	TYPE	MON 04 FEB	TUE 05 FEB	WED 06 FEB	THU 07 FEB	FRI 08 FEB	SAT 09 FEB	SUN 10 FEB
<b>OPERATING AT THRESHOLD</b> Period: <b>Build</b> Focus: <b>FTP</b> Ride Time: <b>3h52min</b>	BIKE	DAY OFF	A Very Dark Place <i>**85% Intensity**</i>	Thin Air	DAY OFF	Defender	Hell Hath No Fury <i>**Reduce MAP to 90%**</i>	DAY OFF
	YOGA		Hip Openers 1	Getting Positive <i>**before BIKE**</i>				
	MENTAL TOUGHNESS							
	STRENGTH TRAINING							
WEEK 6	TYPE	MON 11 FEB	TUE 12 FEB	WED 13 FEB	THU 14 FEB	FRI 15 FEB	SAT 16 FEB	SUN 17 FEB
<b>JUST CHECKING</b> Period: <b>Recovery/Test</b> Focus: <b>MAP Test</b>	BIKE	DAY OFF	Getting Away With It	The Best Thing In The World <i>**Reduce AC to 75% / MAP to 80% / FTP to 85%**</i>	DAY OFF	Primers	The Half Monty	DAY OFF
	YOGA		Stretching After Suffering					

# PLAN OVERVIEW // Week 7 - 9

WEEK 7	TYPE	MON 18 FEB	TUE 19 FEB	WED 20 FEB	THU 21 FEB	FRI 22 FEB	SAT 23 FEB	SUN 24 FEB
<b>REVVING THE ENGINE</b> Period: <b>Build</b> Focus: <b>VO2</b> Ride Time: <b>3h48min</b>	BIKE	DAY OFF	No Vid <b>Cadence Build &amp; Hold</b> <b>**After Strength**</b>	<b>Nine Hammers</b>	DAY OFF	<b>The Chores</b>	<b>14 Vice Grips</b>	DAY OFF (you'll need it)
	YOGA							
	MENTAL TOUGHNESS							
	STRENGTH TRAINING		<b>Beginner Level 1 Session A</b>					
WEEK 8	TYPE	MON 25 FEB	TUE 26 FEB	WED 27 FEB	THU 28 FEB	FRI 01 MAR	SAT 02 MAR	SUN 03 MAR
<b>DIGGING DEEP</b> Period: <b>Build</b> Focus: <b>FTP+AC</b> Ride Time: <b>3h49min</b>	BIKE	DAY OFF	<b>The Rookie</b>	<b>The Shovel</b>	DAY OFF	<b>The Omnium</b>	<b>Angels</b>	DAY OFF
	YOGA							
	MENTAL TOUGHNESS						<b>Positive Self Talk</b> <b>**before BIKE**</b>	
	STRENGTH TRAINING							
WEEK 9	TYPE	MON 04 MAR	TUE 05 MAR	WED 06 MAR	THU 07 MAR	FRI 08 MAR	SAT 09 MAR	SUN 10 MAR
<b>THE NEED FOR SPEED</b> Period: <b>Build</b> Focus: <b>Speed</b> Ride Time: <b>3h32min</b>	BIKE	DAY OFF	<b>Half Is Easy</b>	<b>The Trick</b> <b>**After Strength**</b>	DAY OFF	<b>Downward Spiral</b> <b>**Reduce AC down to 85% / MAP down to 90%**</b>	<b>Violator</b>	DAY OFF
	YOGA			<b>Post Workout Cool Down</b>				
	MENTAL TOUGHNESS							
	STRENGTH TRAINING			<b>Beginner Level 1</b>				

# PLAN OVERVIEW // Week 10

WEEK 10	TYPE	MON 11 MAR	TUE 12 MAR	WED 13 MAR	THU 14 MAR	FRI 15 MAR	SAT 16 MAR	SUN 17 MAR
<b>VERDICT</b> Period: <b>Taper</b> Focus: <b>Re-Testing</b> Ride Time: <b>3h25min</b>	BIKE	DAY OFF	Standing Starts <b>**After Yoga**</b>	No Vid Taper Efforts	DAY OFF	Primers	FULL FRONTAL	DAY OFF (you'll need it)
	YOGA							
	MENTAL TOUGHNESS						Event Day: Preparing to Shred Chamois <b>**Before BIKE**</b>	
	STRENGTH TRAINING		Pre-Ride Activation					

How Did it Go?

## COMPARE YOUR RESULTS

TEST #	RIDER TYPE	Neuromuscular Power (5 sec)	Anaerobic Capacity (1 Min)	Maximal Aerobic Power (5 Min)	Functional Threshold Power (20 Min)
1					
2					
Var.					