

KNIGHT



The Training Plan

4 weeks to train for
Honour, Glory, Victory



PLEASE NOTE:

THIS PLAN IS DESIGNED FOR THOSE WHO WILL BE ATTEMPTING THE GLOBAL KNIGHTHOOD CHALLENGE ON MARCH 24, 2019.

DUE TO THE DEMANDS OF A KNIGHTHOOD ATTEMPT, THIS PLAN IS DESIGNED FOR PEOPLE WHO HAVE ALREADY BUILT UP A DECENT LEVEL OF FITNESS THROUGH CONSISTENT TRAINING OVER THE PAST 6 MONTHS.

WE WOULD NOT RECOMMEND THIS PLAN OR A KNIGHTHOOD ATTEMPT TO ANYONE WITH LESS THAN 6 MONTHS OF TRAINING UNDER THEIR BELT.

PLAN OVERVIEW // Week 1-2



WEEK 1	TYPE	MON 25 FEB	TUE 26 FEB	WED 27 FEB	THU 28 FEB	FRI 01 MAR	SAT 02 MAR	SUN 03 MAR
SADDLE UP! Total Time: 7h35min	BIKE	DAY OFF	NoVid: Cadence Builds & Holds 45 min	Revolver is Easy (AC 90%) 46 min	Getting Away with It 47 min	ACTIVE RECOVERY Read up thesuf.com/active-recovery	Who Dares (AC 90%) + Fight Club (MAP 90% AC 85%) 1h53min	Violator Level Mode + HNF (FTP 85% MAP 80% AC 80%) + G.O.A.T. 2h48min
	YOGA		Morning Yoga Routine 15 min	Pre-Ride Activation 15 min		Hip Openers 1 15 min		Breathing to Crush Them 3 min
	MENTAL TRAINING	Identifying Your Mt. Sufferlandria 35 min			Establishing the Goal Setting Habit 20 min			
WEEK 2	TYPE	MON 04 MAR	TUE 05 MAR	WED 06 MAR	THU 07 MAR	FRI 08 MAR	SAT 09 MAR	SUN 10 MAR
HAVE BIKE. WILL SUFFER. Total Time: 13h25min	BIKE	ACTIVE RECOVERY	A Very Dark Place MAP 90% 50 min	The Way Out FTP & MAP 90% 61 min	Team Scream 70 min		See overleaf 8h40	
	YOGA	Shake Off The Day 15 min	Breathing More Deeply 3 min		Post Workout Cool-Down 15 min	Yoga in Couchlandria - The Office 15 min		
	MENTAL TRAINING	The Successful Training Habit 20 min		Getting Positive 15 min		Positive Self-Talk 20 min		

PLAN OVERVIEW // Week 2 Weekend



THE BIG TEST

This is probably the most important part in this whole prep plan, since it is your dry run. The time to workout any kinks, discover any issues, and get your head wrapped around the demands to come. It is all about dialing in your trainer set up, your nutrition strategy, hydration strategy and all of those small details that you don't think about until you actually attempt your Knighthood.

WEEK 2 WEEKEND	TYPE	SAT 09 MAR	SUN 10 MAR
TESTING THE HOLY WATER Total Time: 8h40min	BIKE	<p>1- BUTTER MAP 85%</p> <p>+</p> <p>2- BLENDER FTP 90% / MAP 85% / AC 80%</p> <p>+</p> <p>3- LOCAL HERO FTP 90% / MAP 85% / AC 85%</p> <p>+</p> <p>4- THE ROOKIE FTP 80% / MAP 80%</p> <p>+</p> <p>5- THE TRICK *not in ERG mode*</p> <p>Give whatever you have left during the sprints! It will be hard. Don't despair.</p> <p>5h00min</p>	<p>Option a: NO VID: TEMPO 4x8 or Option b: KITCHEN SINK in level mode at 55-65% FTP or Option c: 2.5 hour Z2 ride outside</p> <p>+</p> <p>*optional if still feeling strong* POWER STATION MAP 90%</p> <p>3h20min</p>
	YOGA		<p>More Breathing To Calm Down (before bike)</p> <p>+</p> <p>Loosen Your Lower Back (after bike)</p> <p>18min</p>

PLAN OVERVIEW // Week 3-4



WEEK 3	TYPE	MON 11 MAR	TUE 12 MAR	WED 13 MAR	THU 14 MAR	FRI 15 MAR	SAT 16 MAR	SUN 17 MAR
DON QUIXOTE Total Time: 8h35min	BIKE	DAY OFF	The Chores 58 min		Defender (MAP 95%) 47 min	DAY OFF	ISLTA (FTP 85% MAP 90%) + The Hunted (FTP 85% MAP 85%) 3h31min	No Vid: Endurance + 1h30
	YOGA		Breathing to Crush Them 3 min	Mobilise The Joints 15 min	Stretching after Suffering 15 min			Loosen Neck & Shoulders 15 min
	MENTAL TRAINING	Relaxing to Recover 25 min		Remembering Why 25 min		Improving Focus 10 min	Focus Exercise 5 min	
WEEK 4	TYPE	MON 18MAR	TUE 19 MAR	WED 20 MAR	THU 21 MAR	FRI 22 MAR	SAT 23 MAR	SUN 24 MAR
KNIGHT RIDER Total Time: 5h00min + your quest!	BIKE	ACTIVE RECOVERY	Cadence Builds 60 min	14 Vise-Grips (without the 2 min intervals) 61 min	Open 30 or No Vid: Recovery Ride 30 min	DAY OFF	Primers 46 min	THE BIG DAY: Your QUEST
	YOGA	Yoga in Couchlandria - The Office 15 min		Pre-Ride Activation 15 min	Breathing to Calm Down 3 min Morning Yoga Routine 15 min		Breathing More Deeply 3 min Recovery Booster 15 min	
	MENTAL TRAINING	Setting Events Goals 20 min		Event Week: Planning For Every Event Scenario 15 min			Preparing to Shred Chamois 9 min	

PLAN OVERVIEW // Week 5



**We hope you are now a Knight of Sufferlandria!
Welcome to the Castle!**

Make sure you recover fully before you set off on your new adventures!

WEEK 5	TYPE	MON 11 MAR	TUE 12 MAR	WED 13 MAR	THU 14 MAR	FRI 15 MAR	SAT 16 MAR	SUN 17 MAR
BASK IN THE GLORY Total Time: 1h30min	BIKE	DAY OFF	DAY OFF	REST / ACTIVE RECOVERY	Getting Away with It 47 min	REST / ACTIVE RECOVERY		
	YOGA			Morning Yoga Routine 15 min		Yoga in Couchlandria - The Office 15 min		
	MENTAL TRAINING	How Did It Go? 15 min						