

DAY	DATE	GOAL	TIME	TRAINING
Friday	2020/03/27		1 h 30 min	1.5 Hours Zone 2 only. After 20 min do 5 x 15 second maximal effort sprints on FLAT terrain (perform a 15 second effort every 10 minutes). Do not shift down the block but allow cadence to reach absolute maximum and then try to hold that cadence for full 15 seconds. These are not intervals and should not hurt you, they are only maintaining the neuromuscular mechanisms and leg speed for later in the season.
Saturday	2020/03/28		2 hours	2 Hour LSD - zone 2 - Low intensity ride in zone 2 on flat terrain. Keep the cadence > 90 RPM
Sunday	2020/03/29		2 h 30 min	2.5 Hour LSD - zone 2 - Any cadence. Low intensity ride in zones 2 on undulating terrain.
Monday	2020/03/30			Rest Day
Tuesday	2020/03/31		1 h 30 min	Warm up 15 min zone 2 and 3: Follow with 5 x 6 minutes zone 4 with 6 minutes rest between each repeat - zone 2. Warm down 15 min zone 2.
Wednesday	2020/04/01		1 hour	IMTG ride: 1 hours LSD - zone 2 ONLY - Fasted state: Do not eat breakfast. Drink only water. Keep to zone 2 only!

Thursday	2020/04/02		1 h 10 min	Warm up 15 min zone 2 and 3: Follow with 3 x 8 min (40:20) intervals (40 seconds maximal sprints with 20 seconds recovery between each sprint). Recover 8 min zone 2 between intervals. Cool down 15 min Zone 2 afterwards
Friday	2020/04/03		1 hour	Easy active recovery. Maintain a good cadence throughout
Saturday	2020/04/04		2 hours	Low intensity ride in zones 2 on undulating terrain. Keep the cadence > 90 RPM and do not go out of zone 3 on the climbs
Sunday	2020/04/05		2 hours 30 min	2.5 Hour LSD - zone 2 - Low intensity ride in zone 2 on flat terrain. Keep the cadence > 90 RPM
Monday	2020/04/06			Rest Day
Tuesday	2020/04/07		1 h 20 min	Warm up 15 min zone 2 and 3: Followed by Intervals of 1, 2, 3, 4, 5, 4, 3, 2, 1 minutes in duration. Rest the duration of the previous interval. Warm down 15 minutes zone 2. Power output should be 85% of PPO for each interval.
Wednesday	2020/04/08		1 hour	1 Hour LSD - zone 2 - Any cadence

Thursday	2020/04/09		1 h 10 min	Warm up 20 min zone 2 and 3: Follow with 40:20 intervals. do 6 x 40 seconds maximal sprints with 20 seconds recovery between each sprint. Rest 15 minutes in zone 2 and then do another set of 6 sprints. Make sure that you do the sprints with the same average power for each sprint instead of going all out and then fading. Warm down 20 min zone 2 only at high cadence (90-115).
Friday	2020/04/10		1 hour	Easy active recovery. Maintain a good cadence throughout
Saturday	2020/04/11		2 Hours	2 Hours Zone 2 only. During the second hour 5 x 15 second maximal effort sprints on FLAT terrain (perform a 15 second effort every 10 minutes). Do not shift down the block but allow cadence to reach absolute maximum and then try to hold that cadence for full 15 seconds. These are not intervals and should not hurt you, they are only maintaining the neuromuscular mechanisms and leg speed for later in the season.
Sunday	2020/04/12		2 hours 30 min	2.5 Hour LSD - zone 2 - Low intensity ride in zone 2 on flat terrain. Keep the cadence > 90 RPM
Monday	2020/04/13			Rest Day
Tuesday	2020/04/14		1 h 15 min	Warm up 15 min zone 2. Then do 6 x 4 min, with the last 3 as 40:20's. Cool down 15min zone 2
Wednesday	2020/04/15		1 hour	1 Hour LSD - zone 2 - Any cadence

Thursday	2020/04/16		1 h 30 min	10 x 30sec sprints. Warm up 20 min zone 2 and 3: Follow with 10 x 30 second maximal sprints (Start from slow speed on 8-11% gradient. Accelerate as hard as you can and keep dropping through the gears to maintain high resistance). Rest 5 min between each sprint (You can stand still and gasp for the first 2 min). Warm down 15 min zone 2 only at high cadence (90-115).
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