

		Week 1	Mon 1st Nov	Tue 2nd Nov	Wed 3rd Nov	Thu 4th Nov	Fri 5th Nov	Sat 6th Nov	Sun 7th Nov
Base 1	Total hours: 8h 10m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Aerobic Endurance or Isolated leg session. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Time: 2h	Club Spin Flat (Steady!) Keep average heart @70% to 77% of max. Pedal at 90+ cadence. Time: 3h	
	Week 2	Mon 8th Nov	Tue 9th Nov	Wed 10th Nov	Thu 11th Nov	Fri 12th Nov	Sat 13th Nov	Sun 14th Nov	
	Total hours: 8h 40m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Aerobic Endurance or Isolated leg session. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Strength Efforts. Time: 2h 15m	Club Spin Flat (Steady) Keep average heart @70% to 77% of max. Pedal at 90+ cadence. Time: 3h 15m	
	Week 3	Mon 15th Nov	Tue 16th Nov	Wed 17th Nov	Thu 18th Nov	Fri 19th Nov	Sat 20th Nov	Sun 21st Nov	
	Total hours: 8h 55m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Aerobic Endurance or Isolated leg session. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Strength Efforts. Time: 2h 30m	Club Spin Rolling hills (Steady!) E.g. Ballymore On Hills: Sit, 70-80rpm, heart rate below 88% Time: 3h 15m	
	Week 4	Mon 22nd Nov	Tue 23rd Nov	Wed 24th Nov	Thu 25th Nov	Fri 26th Nov	Sat 27th Nov	Sun 28th Nov	
	Total hours: 9h 25m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Aerobic Endurance or Isolated leg session. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Strength Efforts. Time: 2h 45m	Club Spin Bigger Hills (Steady!) E.g. Oldcastle On Hills: Sit, 60-70rpm, heart rate below 88% Time: 3h 30m	
	Week 5	Mon 29th Nov	Tue 30th Nov	Wed 1st Dec	Thu 2nd Dec	Fri 3rd Dec	Sat 4th Dec	Sun 5th Dec	
	Recovery Week Easy back on duration of sessions & intensity. Total hours: 7h 40m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Aerobic Endurance or Isolated leg session. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road Self test: 8k Time Trial & 1h 45m steady spin. Time: 8km TT & 1h45m	Club Spin Flat (Steady) Keep average heart @70% to 77% of max. Pedal at 90+ cadence. Time: 2h 45m	
	Week 6	Mon 6th Dec	Tue 7th Dec	Wed 8th Dec	Thu 9th Dec	Fri 10th Dec	Sat 11th Dec	Sun 12th Dec	
Total hours: 8h 40m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Tempo efforts, Strength efforts or Form Sprints. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Tempo Efforts. Time: 2h 15m	Club Spin Flat (Steady) Keep average heart @70% to 77% of max. Pedal at 90+ cadence. Time: 3h 15m		
Week 7	Mon 13th Dec	Tue 14th Dec	Wed 15th Dec	Thu 16th Dec	Fri 17th Dec	Sat 18th Dec	Sun 19th Dec		
Total hours: 9h 10m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Tempo efforts, Strength efforts or Form Sprints. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Tempo Efforts. Time: 2h 30m	Club Spin Rolling hills (Steady!) E.g. Ballymore On Hills: Sit, 70-80rpm, heart rate below 88% Time: 3h 30m		
Week 8	Mon 20th Dec	Tue 21st Dec	Wed 22nd Dec	Thu 23rd Dec	Fri 24th Dec	Sat 25th Dec	Sun 26th Dec		
Total hours: 9h 25m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Tempo efforts, Strength efforts or Form Sprints. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Tempo Efforts* Time: 2h 45m	Club Spin Big hills E.g. Blooms On Hills: Sit, 60-70rpm, heart rate below 88% Time: 3h 30m		
Week 9	Mon 27th Dec	Tue 28th Dec	Wed 29th Dec	Thu 30th Dec	Fri 31st Dec	Sat 1st Jan	Sun 2nd Jan		
Total hours: 9h 55m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Tempo efforts, Strength efforts or Form Sprints. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road (Steady spin) Keep average heart @ 65% to 75% of max. Could add Tempo Efforts. Time: 3h	Club Spin Big hills E.g. Blooms On Hills: Sit, 60-70rpm, heart rate below 88% Time: 3h 45m		
Week 10	Mon 3rd Jan	Tue 4th Jan	Wed 5th Jan	Thu 6th Jan	Fri 7th Jan	Sat 8th Jan	Sun 9th Jan		
Recovery Week Easy back on duration of sessions & intensity. Total hours: 8h 10m	Rest	Cross training e.g. Jogging, Swimming, Squash, Circuits, Weights(Gym), Spinning Class Time: 40m+	Turbo (or Road) E.g. Tempo efforts, Strength efforts or Form Sprints. Time: Max 1hr(if turbo)	MTB (or Road) Endurance / Steady Time: 1h 30m	Rest	Road Self test: 8k Time Trial & 1h 45m steady spin. Time: 8km TT & 2h	Club Spin Flat (Steady) Keep average heart @70% to 77% of max. Pedal at 90+ cadence. Time: 3h		

Mid week sessions: The order of weekday sessions can be altered to suit your time available.

Important You should always consult your doctor before starting any training program.

Hours The hours on this plan are typical for a Senior A3 category rider.

These hours would be increased or decreased depending on racing category & fitness.

First year racer, A4 racer = 5 to 7 hours. Senior A3 & A2 racer = 6 to 10 hours.

Aerobic Endurance Turbo Sessions There are many available on the Tacx website.

<http://www.tacx.com/dotAsset/18896.pdf>

or

www.Tacx.com -> click "Tacx Coach" -> click "Training programs" from menu bar->

-> choose "Endurance aerobic work-outs" -> click "Cycle trainer" from list on bottom of page.

Strength 2 x 10min sets with at least 10 minutes recovery in between. Big front ring, middle of rear cassette.

Cadence of 65 to 75 rpm. Keep heart rate below 88% of you max. Focus on keeping your body steady.

Isolated leg session (on turbo)

Warm up: 10 minutes. Turbo on light resistance. Clip out one leg and rest it on a chair

Pedal with the other leg focusing on a smooth pedal stroke and lifting on the up-stroke.

Use a 85+ cadence "rpm" .Do 5 efforts with each leg (1-2 minutes each).

Tempo Efforts

During a 1hr+ road spin, ride for 20 minutes at 79%-82% of max heart rate. 100+ cadence.

Add 10 minutes per week to the effort length building to 75 to 90minutes. Choose a flat course.

Form sprints (road or turbo)

Do 8 sprints, with light resistance on a turbo or with a tail wind on the road. 15 seconds long.

Out of the saddle for 10 seconds, then sit for 5 seconds focusing on getting a high cadence.

Not full intensity sprints but working on leg speed. 5 minutes between sprints.

*Or just go for walk after christmas dinner instead.