



**HIGH VOLUME
TRAINING PROGRAM
10-22 HOURS.**

*PEAKS CHALLENGE
FALLS CREEK 2019*



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CHALLENGE**
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PEAKS CHALLENGE FALLS CREEK HIGH VOLUME PROGRAM (10-22 hours)

This program is for a rider who has on average 16 hours per week to train. This program builds your weekly training volume up to a max week of 22 hours in a structured way so that you can achieve your best result at Peaks Challenge Falls Creek.

This program assumes you will commence Week 1 with some km's already in the legs. Remember, consistency is the key to getting fitter, so try and ride as regularly as possible. If you miss a session it is OK, don't try and make it up, just get on with the program. Try to prioritise the key long ride sessions, as these are the most important elements of the program. The training plan allows for ample recovery days and weeks. Take advantage of these and ensure you let your body rest as that is when all the adaption happens.

A few rules to follow are:

1. Ride as much as you can – if you can ride more than prescribed on a given day then do so. Just ensure it doesn't affect the upcoming key sessions.
2. Do what you can – if you can't ride as much as prescribed on a given day that is OK. Just aim to complete the Main Set as best you can.
3. If modifying sessions for the indoor trainer – many of the sessions are great for completing on an ergo. However, keep in mind that nothing is better than riding up a hill outside when you are training for an event that has lots of hills! Be smart and reduce some of the longer rides durations if you are doing them on an ergo.

The program is sixteen weeks in total and follows a three week 'on' one week 'off' cycle, which includes four main phases:

Weeks 1 to 4: **Base 1 – Base 2 – Base 3 – Recovery**
Weeks 5 to 8: **Build 1 – Build 2 – Build 3 – Recovery**
Weeks 9 to 12: **Build 4 – Build 5 – Build 6 – Recovery**
Weeks 13 to 16: **Focus 1 – Focus 2 – Focus 3 – Event / Taper**

CADENCE/RPM:

This program is also available at the Training Peaks store so you can follow the program, upload your data and monitor your progress.

Because of the hilly nature of the course it is recommended that you get out to the hills as often as possible for your training rides. Many of the sessions are hill specific. If you live in an area that doesn't have hills, then do your best to modify the efforts so that you achieve the outcomes for each session.

The training sessions are prescribed based on your specific training zones. Please refer to the training zones detailed within this program outline. The sessions try to cater for power, heart rate, and rating of perceived exertion. Learn your zones and how each zone should 'feel' in relation to intensity to get the most out of each session. The 5 Zone structure is pretty easy and is well outlined with good detail included within each session description.

If you are training to heart rate please be aware that it can be affected by many external factors. Most commonly, tiredness and training fatigue can cause your heart rate to be lower than when you are rested. Just be aware that if you are completing a hard training block and are fatigued, your heart rate may be lower. Always be guided by your rating of perceived exertion (RPE). If an effort feels hard but your heart rate doesn't rise, then your energy systems may be fatigued. In this case always trust your perceived exertions and how they match up with training zones.

During a longer effort within a workout, heart rate will not stay stable for the same intensity and will tend to progressively rise. Heart rate is also slow to respond to changes in pace, so it may take several minutes for heart rate to rise to the expected level.

Training to Heart Rate

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During a longer effort within a workout, heart rate will not stay stable for the same intensity and will tend to progressively rise. Heart rate is also slow to respond to changes in pace, so it may take several minutes for heart rate to rise to the expected level.

TERMINOLOGY

Z	This outlines the training Zone for the intervals within a session. This is either Heart Rate, Power or Perceived Effort (RPE)
FTP	Functional Threshold Power. Percentages of FTP are given for specific intervals
TEMPO	Designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness
HR	Heart Rate. Heart rate is often the most common way to guide training intensity. Be familiar with your Heart Rate Zones and the factors that influence it.
RPE	Rating of Perceived Exertion. This is a scale of 1 to 10 and is outlined in the training zones guide
SE	Strength Effort
RPM	Pedal revolutions per minute. Also known as cadence.ng!

TRAINING ZONES GUIDE

ZONE	Intensity	% Threshold Power (FTP)	% Threshold Heart Rate	Perceived Exertion (RPE 1-10)	Feeling
ZONE 1	Recovery	40% to 55%	50% to 70%	1 to 3	This is an intensity perceived to be VERY EASY.
ZONE 2	Aerobic	56% to 75%	71% to 85%	3 to 5	This intensity is sustainable for many hours. The top of Zone 2 should feel LIGHT.
ZONE 3	Tempo	76% to 90%	86% to 95%	5 to 6	This intensity is MODERATE and sustainable for prolonged periods but requires some focus. Breathing should still be controlled and fatigue should slowly occur. Zone 3 is typically 'Tempo Intensity' sustainable on the flats and long hills
ZONE 4	Threshold	91% to 105%	96% to 105%	7 to 9	This intensity is HARD and requires specific training to be able to sustain. Intervals in this Zone usually range from 3 - 15 minutes.
ZONE 5	Over Threshold	106% to 130%	106% to MAX	9 to 10	These efforts are VERY HARD. VO2 max corresponds with upper Zone 5. These efforts are in the range of 1 - 8 minutes in duration.

1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		FTP TEST	STRENGTH EFFORTS	DAY OFF	STRENGTH ENDURANCE	RECOVERY	STRENGTH ENDURANCE	AEROBIC RIDE
12:00		1:00	1:00		3:00	1:00	3:00	3:00
19-25 NOV 2018	BASE 1							
	DESCRIPTION	<p>20 MIN FTP TEST</p> <p>This is a 20 min Power Test done on an indoor trainer so it is controlled and repeatable. Ensure you are motivated and mentally prepared. If you cannot commit 100% effort then postpone the test. Crank some good music, have a strong coffee (optional) and get motivated for some big numbers.</p>	<p>3 X 10 MIN Z2 STRENGTH EFFORTS</p> <p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <hr/> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p>		<p>STRENGTH ENDURANCE - 8 MIN SE'S</p> <p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <hr/> <p>These really need a solid climb, you just can't get the tension in the legs on the flat.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>STRENGTH ENDURANCE - 8 MIN SE'S</p> <p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <hr/> <p>These really need a solid climb, you just can't get the tension in the legs on the flat</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>
	INSTRUCTIONS	<p>Warm Up for a minimum of 10 mins building close to threshold as the warm up progresses.</p> <p>Calibrate all power meters and ensure all equipment is working correctly. This includes Heart Rate monitors.</p> <hr/> <p>TEST</p> <p>20 min at your best sustainable power. Keep it steady. Don't go out too hard! On the trainer you should be able to sustain about 103-105% of your known FTP. Choose your optimal cadence and control the effort so you can come home strong. The key is in the pacing!</p> <p>Cool down well and spin easy to finish off the session</p>	<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>3 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>		<p>MAIN SET</p> <p>3 to 5 x 8 min SE's @ 50-60 rpm.</p> <hr/> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <hr/> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <hr/> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>3 to 5 x 8 min SE's @ 50-60 rpm.</p> <hr/> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <hr/> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <hr/> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>--</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	STRENGTH EFFORTS	AEROBIC RIDE	STRENGTH ENDURANCE	RECOVERY	STRENGTH ENDURANCE	AEROBIC RIDE
14:00		1:15	1:00	4:00	1:00	4:00	2:45
26 NOV - 02 DEC 2018 BASE 2	DESCRIPTION	<p>4 X 10 MIN Z2 STRENGTH EFFORTS</p> <p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <hr/> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>	<p>STRENGTH ENDURANCE - 10 MIN SE'S</p> <p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <hr/> <p>These really need a solid climb, you just can't get the tension in the legs on the flat.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>STRENGTH ENDURANCE - 10 MIN SE'S</p> <p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <hr/> <p>These really need a solid climb, you just can't get the tension in the legs on the flat.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>
		INSTRUCTIONS	<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>4 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>MAIN SET</p> <p>3 to 5 x 10 min SE's @ 50-60 rpm.</p> <hr/> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <hr/> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>3 to 5 x 10 min SE's @ 50-60 rpm.</p> <hr/> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <p>Target HR: Mid Z3 to Low Z4</p> <p>RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <hr/> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p>

3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		DAY OFF	STRENGTH EFFORTS	AEROBIC RIDE	SEATED STRENGTH	RECOVERY	STRENGTH ENDURANCE	AEROBIC RIDE
16:00			2:30	1:00	2:30	1:00	5:00	4:00
03 -09 DEC 2018	BASE 3	DESCRIPTION	<p>5 X 10 MIN Z2 STRENGTH EFFORTS</p> <p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <hr/> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>	<p>SEATED STRENGTH - VARYING INTENSITY</p> <p>This session focuses on developing strength in a seated position. Find a rolling course where you can use the hills to do some efforts of varying intensity but all done in a big gear allows the cadence to be 50 to 60 rpm range.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>STRENGTH ENDURANCE - 12 MIN SE'S</p> <p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <hr/> <p>These really need a solid climb, you just can't get the tension in the legs on the flat.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>
	INSTRUCTIONS		<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>MAIN SET</p> <p>Spread these efforts out with no specific duration. The longer the hill the lower the intensity (2 to 10 min = 90 to 100% FTP). The shorter the hill the higher the intensity (< 2 min 100 to 120% FTP.</p> <hr/> <p>Take rest when you need it between the efforts but try and link a few efforts together so the fatigue builds</p> <hr/> <p>Once the legs are cooked just roll easy Z2 for the remainder of the session</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>3 to 5 x 12 min SE's @ 50-60 rpm.</p> <hr/> <p>Target Power: High Z3 to Mid Z4 (85-100% FTP)</p> <hr/> <p>Target HR: Mid Z3 to Low Z4</p> <hr/> <p>RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <hr/> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		DAY OFF	AEROBIC RIDE	CADENCE FOCUS	HEART RATE	RECOVERY	POWER TEST	RECOVERY
11:30			2:00	1:00	2:30	1:00	4:00	1:00
10 -16 DEC 2018	RECOVERY 1		<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts</p>	<p>6x6 MIN @75% FTP - CADENCE FOCUS</p> <p>This is an aerobic session with a specific focus on a higher cadence than usual.</p>	<p>15 MIN @ 90% - THRESHOLD HEART RATE</p> <p>This is a sub-FTP session to work on sustained and steady power. It is a HR based main set. This is ideally completed on a climb but can be modified to a flat road or Ergo.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>20MIN POWER TEST (HILL) - 2 X MAIN SETS</p> <p>The main goal for the session is to test your best 20 min power on a long climb.</p> <hr/> <p>Ride out to a hill you know will take 20 mins. If it falls short then the 20 min power test won't work.</p> <hr/> <p>The goal is a full 20 min effort. If you know your FTP, aim for that for the first couple of minutes and then lift the effort. This is so you don't cook yourself from the start.</p> <hr/> <p>If you pace it correctly you shouldn't fade too much in the last 1/4 of the test.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>
	INSTRUCTIONS		<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>Warm up for 10 min prior to commencing the main set. Include some specific high cadence drills to prepare the legs.</p> <hr/> <p>MAIN SET</p> <p>6x6 min on 2 min recovery at the top of Z2 HR and power. (75% FTP). Focus on form and a higher than usual cadence. This should be close to 100+ rpm if possible.</p> <hr/> <p>Finish the session with a short 5 min cool down</p>	<p>Warm up well for 10-15 min building intensity. Try to ramp HR up to your target intensity prior to commencing the main set.</p> <hr/> <p>MAIN SET</p> <p>2 to 3 x 15 min efforts Aim to build to then sustain 90% of FTP HR. 90% FTP HR should correspond with approx. 85 to 88% FTP Power.</p> <hr/> <p>Power should be smooth and steady but may have to drop as the effort progresses to keep your HR steady.</p> <hr/> <p>Take 5 to 10 min recovery b/w intervals. Try to get through a minimum of 2 intervals.</p> <hr/> <p>Ride the rest of the ride easy in Z2 with a few short efforts if you feel good.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET 1</p> <p>20 min Test - Go hard. Best power. Use the above directions as a guide.</p> <hr/> <p>Take a good rest after the 20 min test (20 min minimum) then complete Main Set 2.</p> <hr/> <p>MAIN SET 2</p> <p>On the same climb compete 1 x 20 min 75% effort. Go by feel. If you are fatigued from the test then just compete as long as you can sustain.</p> <hr/> <p>See how you feel afterward, but ride the rest of the ride at an aerobic pace on the way home.</p> <hr/> <p>Use today as a guide to see if your Training Zones need updating. Typically FTP will be 95% of your 20 min power average. Threshold Heart Rate should be fall between your 20 min average and the maximum heart rate you hit during the effort</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>

5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	DAY OFF	HEART RATE	AEROBIC RIDE	AEROBIC & EFFORT	RECOVERY	ENDURANCE	AEROBIC & CLIMBING	
15:30		3:00	1:00	3:00	1:00	4:30	3:00	
17 -23 DEC 2018	BUILD 1	DESCRIPTION	<p>15 MIN @ 90% - THRESHOLD HEART RATE</p> <p>This is a sub-FTP session to work on sustained and steady power. It is a HR based main set. This is ideally completed on a climb but can be modified to a flat road or Ergo.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts</p>	<p>AEROBIC WITH SUB-FTP BIG-GEARED EFFORTS</p> <p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts.</p> <hr/> <p>Flat to rolling terrain will work best for this ride.</p> <hr/> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>MUSCULAR ENDURANCE - 40 MIN TOTAL CLIMBING</p> <p>The goal of this session is to build muscular endurance.</p> <hr/> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <hr/> <p>Examples: 4 x 10 min 2 x 20 min</p> <hr/> <p>This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.</p> <hr/> <p>Aim to hold a consistent effort each climb. Cadence is self-selected but should feel efficient without an excessive 'strength' focus.</p>	<p>AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS</p> <p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs..</p>
			INSTRUCTIONS	<p>Warm up well for 10-15 min building intensity. Try to ramp HR up to your target intensity prior to commencing the main set.</p> <hr/> <p>MAIN SET</p> <p>2 to 3 x 15 min efforts Aim to build to then sustain 90% of FTP HR. 90% FTP HR should correspond with approx. 85 to 88% FTP Power.</p> <hr/> <p>Power should be smooth and steady but may have to drop as the effort progresses to keep your HR steady.</p> <hr/> <p>Take 5 to 10 min recovery b/w intervals. Try to get through a minimum of 2 intervals.</p> <hr/> <p>Ride the rest of the ride easy in Z2 with a few short efforts if you feel good.</p>	<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>EXAMPLE</p> <p>Efforts in the gear 53/14 to11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</p> <hr/> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <hr/> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>Perform repeats at: Target Power: High Z3 to Mid Z4 (85-100% FTP) Target HR: Mid Z3 to Low Z4 RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Being consistent within or between efforts is the main goal.</p> <hr/> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <hr/> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p>

6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	STEADY EFFORT	AEROBIC RIDE	AEROBIC & EFFORT	RECOVERY	ENDURANCE	AEROBIC & CLIMBING
17:30		3:00	1:30	2:30	1:00	5:00	4:30
24 -30 DEC 2018 BUILD 2 DESCRIPTION		<p>1X15 MIN ANAEROBIC BLOCK INTO 2X10 MIN STEADY</p> <p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts</p> <hr/> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>AEROBIC WITH SUB-FTP BIG-GEARED EFFORTS</p> <p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts.</p> <hr/> <p>Flat to rolling terrain will work best for this ride.</p> <hr/> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>MUSCULAR ENDURANCE - 60 MIN TOTAL CLIMBING</p> <p>The goal of this session is to build muscular endurance.</p> <hr/> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <hr/> <p>Examples: 6 x 10 min - 3 x 20 min</p> <hr/> <p>This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.</p> <hr/> <p>Aim to hold a consistent effort each climb. Cadence is self-selected but should feel efficient without an excessive 'strength' focus.</p>	<p>AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS</p> <p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs..</p>
	INSTRUCTIONS		<p>MAIN SET 1</p> <p>1 x approx. 15 min Set. 30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <hr/> <p>Take 10 min recovery b/w each set</p> <p>MAIN SET 2</p> <p>2 x 10 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the 2 x 10 efforts just under FTP you are doing well.</p> <hr/> <p>Take 5 min recovery b/w each effort.</p> <hr/> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>EXAMPLE</p> <p>Efforts in the gear 53/14 to11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</p> <hr/> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <hr/> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>Perform repeats at: Target Power: High Z3 to Mid Z4 (85-100% FTP) Target HR: Mid Z3 to Low Z4 RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Being consistent within or between efforts is the main goal.</p> <hr/> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <hr/> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p>

7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	STEADY EFFORT	AEROBIC RIDE	TEMPO	RECOVERY	ENDURANCE	AEROBIC & CLIMBING
19:00		4:00	2:00	3:00	1:00	5:00	4:00
31 DEC 2018 - 06 JAN 2019 BUILD 3 DESCRIPTION		<p>1X 20 MIN ANAEROBIC BLOCK INTO 1X 20 MIN STEADY</p> <p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts</p> <hr/> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>4 X 10 MIN TEMPO ALTERNATING</p> <p>This session focuses on longer efforts with a change in cadence and intensity to promote the ability to be able to change your pace during an event.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>MUSCULAR ENDURANCE - 80 MIN TOTAL CLIMBING</p> <p>The goal of this session is to build muscular endurance.</p> <hr/> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <hr/> <p>Examples: 8 x 10 min 4 x 20 min</p>	<p>AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS</p> <p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs..</p>
	INSTRUCTIONS		<p>MAIN SET 1</p> <p>1 x approx. 15 min Set. 30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <hr/> <p>Take 10 min recovery b/w each set</p> <p>MAIN SET 2</p> <p>1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 20 min effort just under FTP you are doing well.</p> <hr/> <p>The legs should be cooked now!</p> <hr/> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>	<p>Warm up for 10-20 mins self-selected spinning</p> <hr/> <p>MAIN SET</p> <p>4 x 10 min on 3 min recovery done as:</p> <p>2min SE Tempo Z3 (60 rpm) 3min Spin Aerobic Z3 (110 rpm) 2min SE Tempo Z3 (60 rpm) 3min Spin Aerobic Z3 (110 rpm)</p> <hr/> <p>If you can't do 110 rpm just aim for cadence that is high but still allows you to remain steady on the bike.</p> <hr/> <p>Focus on a smooth transition between the low and higher cadence components. The effort should always be in control and below threshold.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>Perform repeats at: Target Power: High Z3 to Mid Z4 (85-100% FTP) Target HR: Mid Z3 to Low Z4 RPE: Should start moderate at 6 and build to 8</p> <hr/> <p>Being consistent within or between efforts is the main goal.</p> <hr/> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <hr/> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p>

8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		DAY OFF	AEROBIC RIDE	DAY OFF	FTP	RECOVERY	POWER	AEROBIC & RECOVERY
11:00			2:00		2:00	1:00	4:00	2:00
07-13 JAN 2019	RECOVERY 2		<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts</p> <hr/> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	Enjoy an extra day off	<p>FTP - 5 X 5 MIN INCREASING INTENSITY</p> <p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress..</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>HOUR OF POWER - LOW Z3 TARGET</p> <p>The goal for this session is to perform a consistent 60 min effort at a high aerobic tempo intensity. This should be performed on an undulating road with no interruptions.</p> <hr/> <p>It can be modified for an ergo if needed. It may require you to scale back the intensity slightly as there will be less rest periods on down hills etc</p>	<p>AEROBIC RIDE - BY FEEL - RECOVERY FOCUS</p> <p>Today is about just getting out for a ride. Give the mind and body a rest and just do what you feel like doing. If you are tired then make it shorter. If you feel good then you can do a little more.</p>
	INSTRUCTIONS		<p>Warm up as needed then complete the main set.</p> <hr/> <p>MAIN SET</p> <p>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</p> <hr/> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <hr/> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <hr/> <p>Cool down well after the main set.</p>		<p>MAIN SET</p> <p>Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <hr/> <p>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</p> <hr/> <p>Take 5 min recovery b/w efforts</p> <hr/> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <hr/> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>60 min at a target Low Z3. The easiest way to 'stay in the zone' is to keep HR +/- 5 bpm of the prescribed target intensity</p> <hr/> <p>Use the undulations. Push it slightly harder up and climbs, ride steady on the flats and recover slightly on the down hills (but try to stay on the pedals if you can)</p> <hr/> <p>The rest the ride should be by feel at an aerobic pace.</p> <hr/> <p>Focus on nutrition during the effort. Practice eating and drinking while still maintaining your target intensity.</p>	<p>Nothing hard, just enough to get in some endurance type efforts.</p> <hr/> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to Z2 75% of FTP at 100+ rpm</p>

9		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		DAY OFF	FTP	AEROBIC RIDE	STEADY EFFORT	RECOVERY	FTP FOCUS	POWER
17:00			3:00	2:00	3:00	1:00	5:00	3:00
14- 20 JAN 2019	BUILD 4		<p>FTP - 5 MIN (5 MIN RECO)</p> <p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <hr/> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>	<p>4 X 10 MIN Z3 EFFORTS WITH 90 SEC VO2 LIFTS</p> <p>This session is best performed on the ergo so you can sustain a steady controlled effort. Adapt it to the road for the flat or hill if you like.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>FTP FOCUS - DISTANCE / DURATION TARGET</p> <p>Pick a target distance or duration for the ride. Map a route that includes some varying terrain. If it is a super hilly loop then overall distance will be shorter than if it is a flat loop so take this into account.</p> <hr/> <p>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</p>	<p>HOUR OF POWER - MID Z3 TARGET</p> <p>The goal for this session is to perform a consistent 60 min effort at a high aerobic tempo intensity. This should be performed on an undulating road with no interruptions.</p> <hr/> <p>It can be modified for an ergo if needed. It may require you to scale back the intensity slightly as there will be less rest periods on down hills etc.</p>
	INSTRUCTIONS		<p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <hr/> <p>MAIN SET</p> <p>5 x 5 min Intervals on 5 min reco at your best sustainable intensity.</p> <hr/> <p>The 1:1 work : rest should allow you to push HARD in the 5 min work intervals.</p> <hr/> <p>As the weeks progress aim to sustain more power in each work interval.</p> <hr/> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Warm up as needed for a minimum of 10 to 15 min.</p> <hr/> <p>MAIN SET</p> <p>4 x 10 min efforts at high Z3 (85% FTP). Each effort has a 90 sec lift to Z5 Intensity (110 to 120% FTP. If doing these by HR then then lift should be a 9/10 effort that gets your HR to spike a bit.</p> <hr/> <p>The 90 sec lift is performed sequentially later within each effort as follows:</p> <p>Interval 1 = 0 min (Start of effort)</p> <p>Interval 2 = 2 min</p> <p>Interval 3 = 4 min</p> <p>Interval 4 = 6 min</p> <hr/> <p>Recover for 4 min after each interval in Z1.</p> <hr/> <p>Gauge each Z5 lift. It should be controlled and smooth and still allow you to continue on with the Z3 Steady Effort. Reduce the intensity of the Lift if needed.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>Repeated 5 min Intervals at a controlled FTP intensity (Mid Z4 power). If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up. The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same</p> <hr/> <p>Continue to the top of the climb performing 5 min FTP on 2 to 3 min recovery b/w efforts. You should aim for 6 to 12 FTP efforts in total. Build this number as the block progresses</p> <hr/> <p>Perform as many long climbs as you can manage with this pattern. Once you can no longer sustain the required intensity continue the ride remaining duration easy to aerobic</p> <hr/> <p>During the rest of the ride target Mid to High Z2 on the flats and Mid to High Z3 on all other climbs.</p> <hr/> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p>	<p>MAIN SET</p> <p>60 min at a target Mid Z3. The easiest way to 'stay in the zone' is to keep HR +/- 5 bpm of the prescribed target intensity.</p> <hr/> <p>Use the undulations. Push it slightly harder up and climbs, ride steady on the flats and recover slightly on the down hills (but try to stay on the pedals if you can)</p> <hr/> <p>The rest the ride should be by feel at an aerobic pace.</p> <hr/> <p>Focus on nutrition during the effort. Practice eating and drinking while still maintaining your target intensity.</p>

10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP	RECOVERY	FTP	CADENCE FOCUS	FTP FOCUS	POWER
19:00		4:00	1:00	4:00	1:00	5:00	3:00
21-27 JAN 2019 BUILD 5	DESCRIPTION	<p>FTP - 5 MIN (3 MIN RECO)</p> <p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <hr/> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <hr/> <p>Start conservatively in the first few internals until you find the intensity that hard but sustainable. Pace them well. If you go too hard the short rest won't be enough to recover for the next effort.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>FTP - 5 MIN (2 MIN RECO)</p> <p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <hr/> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <hr/> <p>Start conservatively in the first few internals until you find the intensity that hard but sustainable. Pace them well. If you go too hard the short rest won't be enough to recover for the next effort.</p>	<p>5x5 MIN HIGH CADENCE EFFORTS</p> <p>Perform a short warm up prior to the cadence focus man set..</p>	<p>FTP FOCUS - DISTANCE / DURATION TARGET</p> <p>Pick a target distance or duration for the ride. Map a route that includes some varying terrain. If it is a super hilly loop then overall distance will be shorter than if it is a flat loop so take this into account.</p> <hr/> <p>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</p>	<p>HOUR OF POWER - MID Z3 TARGET</p> <p>The goal for this session is to perform a consistent 60 min effort at a high aerobic tempo intensity. This should be performed on an undulating road with no interruptions.</p> <hr/> <p>It can be modified for an ergo if needed. It may require you to scale back the intensity slightly as there will be less rest periods on down hills etc.</p>
		INSTRUCTIONS	<p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs..</p> <hr/> <p>MAIN SET</p> <p>5 min Intervals on 3 min recovery. Aim to complete 5 to 8 intervals in total. The end point is when you can no longer sustain your target intensity.</p> <hr/> <p>Aim for 95-105% FTP - Don't go above it!! Cadence 90-100 rpm.</p> <hr/> <p>As the sessions progress you should aim to hold a better average power for the number of repetitions you complete as well as incrementally increase the number of repetitions to can complete.</p> <hr/> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs..</p> <hr/> <p>MAIN SET</p> <p>5 min Intervals on 2 min recovery. Aim to complete 5 to 8 intervals in total. The end point is when you can no longer sustain your target intensity.</p> <hr/> <p>Aim for 95-105% FTP - Don't go above it!! Cadence 90-100 rpm.</p> <hr/> <p>As the sessions progress you should aim to hold a better average power for the number of repetitions you complete as well as incrementally increase the number of repetitions to can complete.</p> <hr/> <p>Cool down well afterwards with a Z1 spin.</p>	<p>MAIN SET</p> <p>5 x 5 min on 5 min recovery</p> <hr/> <p>Perform each at 75% FTP at a high cadence of 100 to 115 rpm.</p> <hr/> <p>Cadence should be the focus. It should be high enough that you have to concentrate on being stable in saddle.</p> <hr/> <p>Intensity is NOT the primary focus. It should be Z2 Aerobic.</p>	<p>MAIN SET</p> <p>Repeated 5 min Intervals at a controlled FTP intensity (Mid Z4 power). If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up. The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same</p> <hr/> <p>Continue to the top of the climb performing 5 min FTP on 2 to 3 min recovery b/w efforts. Then roll back down and repeat if required. You should aim for 6 to 12 FTP efforts in total. Build this number as the block progresses.</p> <hr/> <p>During the rest of the ride target Mid to High Z2 on the flats and Mid to High Z3 on all other climbs.</p> <hr/> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p>

11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP	AEROBIC RIDE	STRENGTH	RECOVERY	FTP FOCUS	AEROBIC RIDE
21:00		4:00	2:30	4:00	1:00	6:30	3:00
28 JAN-03 FEB 2019 BUILD 6	DESCRIPTION	<p>FTP - 5 MIN (1 MIN RECO)</p> <p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <hr/> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <hr/> <p>Start conservatively in the first few internals until you find the intensity that hard but sustainable. Pace them well. If you go too hard the short rest won't be enough to recover for the next effort.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>	<p>HILL LOOP - BY FEEL WITH CONTROLLED STRENGTH FOCUS</p> <p>Ride out to a rolling loop with some shorter punchy to gradual climbs.</p> <hr/> <p>Use the first 30 min of the ride to get the legs warmed up then commence the main set.</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>FTP FOCUS - DISTANCE / DURATION TARGET</p> <p>Pick a target distance or duration for the ride. Map a route that includes some varying terrain. If it is a super hilly loop then overall distance will be shorter than if it is a flat loop so take this into account.</p> <hr/> <p>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</p>	<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>
		INSTRUCTIONS	<p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs..</p> <hr/> <p>MAIN SET</p> <p>5 min Intervals on 1 min recovery. Aim to complete 5 to 8 intervals in total. The end point is when you can no longer sustain your target intensity.</p> <hr/> <p>Aim for 95-105% FTP - Don't go above it!! Cadence 90-100 rpm.</p> <hr/> <p>As the sessions progress you should aim to hold a better average power for the number of repetitions you complete as well as incrementally increase the number of repetitions to can complete.</p> <hr/> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>MAIN SET</p> <p>Focus on some Strength type efforts aiming to roll over each hill / climb over geared at 50-60 rpm at an intensity that is close to but no higher than FTP.</p> <hr/> <p>Each hill should always feel sustainable - let the length of the climb dictate the power. Reduce the power the longer the hill. For longer hills of 5+ minutes keep it easier at 90% FTP</p> <hr/> <p>As you crest each hill / climb increase your cadence by lifting the power (stay in the same gear) and perform a controlled acceleration.</p> <hr/> <p>Take recovery where needed. The goal is some tension in the legs with a little intensity. But always be in control of the efforts.</p> <hr/> <p>In flatter sections just steady ride Z2 aerobic</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>MAIN SET</p> <p>Repeated 5 min Intervals at a controlled FTP intensity (Mid Z4 power). If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up. The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same</p> <hr/> <p>Continue to the top of the climb performing 5 min FTP on 2 to 3 min recovery b/w efforts. Then roll back down and repeat if required. You should aim for 6 to 12 FTP efforts in total. Build this number as the block progresses.</p> <hr/> <p>During the rest of the ride target Mid to High Z2 on the flats and Mid to High Z3 on all other climbs.</p> <hr/> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p>

12		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL		DAY OFF	AEROBIC RIDE	FTP	DAY OFF	RECOVERY	AEROBIC & CLIMBING	RECOVERY
10:00			2:00	1:00		1:00	4:00	2:00
04-10 FEB 2019	RECOVERY 3		<p>AEROBIC RIDE - BY FEEL</p> <p>Goal for this session is a longer ride.</p> <hr/> <p>Nothing hard, just enough to get in some endurance type efforts.</p>	<p>FTP - 5 X 5 MIN INCREASING INTENSITY</p> <p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress..</p>		<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>	<p>AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS</p> <p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs..</p>	<p>RECOVERY - COFFEE SHOP RIDE</p> <p>The goal is to preserve the "feel" for the legs but go easy.</p>
	INSTRUCTIONS		<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <hr/> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>MAIN SET</p> <p>Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <hr/> <p>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</p> <hr/> <p>Take 5 min recovery b/w efforts</p> <hr/> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <hr/> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>		<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>	<p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <hr/> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <hr/> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <hr/> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>	<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <hr/> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <hr/> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <hr/> <p>This isn't about training, it is about recovery.</p>

13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC BUILD	AEROBIC RIDE	TEMPO	RECOVERY	EPIC RIDE	AEROBIC RIDE
19:00		1:30	2:30	4:00	1:00	6:00	4:00
11-17 FEB 2019	FOCUS 1	DESCRIPTION					
		<p>3 MIN BUILDS FROM FTP TO VO2 (Z4 TO Z5) Include this as part of an Aerobic Ride. Th goal is some high intensity VO2 specific Builds. Build your cadence through each effort. Hurt the lungs and the legs. Focus on being efficient.</p> <p>Warm up well for 10 to 15 min. Include lifts in intensity to prepare the legs for the main set.</p>					
INSTRUCTIONS		<p>MAIN SET 4 to 6 x 3 min building from Z4 to Z5 (100 to 125% FTP). The set ends when you can no longer sustain the required intensity</p> <p>Start at about 90 rpm and the goal is to be above 100 rpm at the end of each interval.</p> <p>Take 5 min recovery b/w each effort.</p> <p>Find a hill about 3 min long or even the flat will do. The Trainer is fine also.</p> <p>Concentrate on form. Smooth peddling. Good cadence. Lock in your core and stabilize your hips.</p> <p>This can be done as part of a longer ride or just complete the main set as an Ergo session. If so make it quality main set and then ride the rest Aerobic.</p>					
		<p>AEROBIC RIDE - BY FEEL Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p>					
		<p>MODERATE TEMPO WITH A FINAL 10 MIN FLAT OUT The goal for this ride is to focus on a slightly higher intensity than you would normally self-select on a typical training ride. The session finishes with a solid approx. 10 min effort at your best sustainable intensity.</p> <p>This should be completed on an uninterrupted route where you can sustain a good consistent pace. Undulating is fine but try to avoid stopping.</p>					
		<p>RECOVERY - COFFEE SHOP RIDE The goal is to preserve the "feel" for the legs but go easy.</p>					
		<p>EPIC RIDE # 1 - TEMPO FLATS AND SWEET SPOT HILLS Plan a loop / ride that will allow you to fit in a range of efforts. A group ride is fine, even a group ride with extras at the end to achieve the required total duration.</p> <p>If you are with a bunch then just do what you have to do but if possible incorporate some of the efforts below. The goal is to come home fatigued after doing a variety of challenging efforts</p>					
		<p>AEROBIC RIDE - BY FEEL Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p>					
		<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>					
		<p>Warm up as needed for 15-20 min or until you reach a place away from traffic congestion / interruptions.</p> <p>MAIN SET Perform approx. 30 min to 1 hour of moderate tempo in Z3 then straight into a solid Z4 10 min effort aiming to sustain speed / power as high as possible.</p> <p>Always on the pedals and always pushing. A good solid tempo on the flats then lift on any hills.</p> <p>Ensure you cool down for a good 15 min prior to finishing the session.</p>					
		<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery.</p>					
		<p>MAIN SET 2 x 20 min Z3 Tempo Efforts on the flats at 70-80 rpm</p> <p>2 to 4 x Z3 80 to 90% FTP) Hill Efforts (each about 10 to 30 mins in duration - do what you can)</p> <p>2 x 30 min top of Z2 efforts at 90 rpm</p> <p>1 x 10 min ALL OUT effort in the final hour of the ride when your legs are cooked.</p> <p>Spread these efforts out throughout the ride. The main efforts are the hill efforts and the longer tempo efforts simulate the fast riding on the flats between the climbs.</p> <p>Ride the rest just cruisy. Remember to eat lots. 60g CHO and 500mL fluid (minimum) per hour.</p>					
		<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>					

14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC BUILD	AEROBIC RIDE	AEROBIC & CLIMB	RECOVERY	EPIC RIDE	AEROBIC RIDE
22:00		3:30	2:30	4:00	1:00	6:00	4:00
18-24 FEB 2019	FOCUS 2	DESCRIPTION					
		<p>3 MIN BUILDS FROM FTP TO VO2 (Z4 TO Z5) Include this as part of an Aerobic Ride. Th goal is some high intensity VO2 specific Builds. Build your cadence through each effort. Hurt the lungs and the legs. Focus on being efficient.</p> <p>Warm up well for 10 to 15 min. Include lifts in intensity to prepare the legs for the main set.</p>					
INSTRUCTIONS		<p>MAIN SET 4 to 6 x 3 min building from Z4 to Z5 (100 to 125% FTP). The set ends when you can no longer sustain the required intensity</p> <p>Start at about 90 rpm and the goal is to be above 100 rpm at the end of each interval.</p> <p>Take 5 min recovery b/w each effort.</p> <p>Find a hill about 3 min long or even the flat will do. The Trainer is fine also.</p> <p>Concentrate on form. Smooth peddling. Good cadence. Lock in your core and stabilize your hips.</p> <p>This can be done as part of a longer ride or just complete the main set as an Ergo session. If so make it quality main set and then ride the rest Aerobic.</p>					
		<p>AEROBIC RIDE - BY FEEL Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p>					
		<p>AEROBIC + 30/30'S + POWER CLIMBS Ride to your destination sticking within Zone 1 / Zone 2</p> <p>Start the Zone 3 work once you can ride without interruption.</p>					
		<p>RECOVERY - COFFEE SHOP RIDE The goal is to preserve the "feel" for the legs but go easy.</p>					
		<p>EPIC RIDE # 2 - REPEATS TO FAILURE This is a progression from Epic Ride # 1. The goal is to complete as many repetitions of a long climb as you can until you reach a point of fatigue. Ensure to save some legs for the ride home.</p>					
		<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>					
		<p>MAIN SET 1 Complete 5 sets of 5 min efforts done as 30/30s..</p> <p>Each is a Hard Acceleration into a sustained Z5 intensity. Basically go HARD and hang onto it.</p> <p>Recover for 5 mins Z2 between each set.</p> <p>Keep your cadence at 100+ for the HARD effort.</p> <p>MAIN SET 2 The aim of this part of the session is to complete 4 x approx. 3 min best power/ intensity efforts up a short hill.</p> <p>Really push yourself to fatigue and don't hold back. You will no doubt fade as the efforts go on but do what you can. Perform these on a hill if you can.</p> <p>Take a good 10 min reco b/w efforts to ensure adequate recovery.</p> <p>Once you finish the final Z3 block, spin home in Zone 1 / Zone 2, keeping it light.</p>					
		<p>Complete either 45 min on the trainer or up to 90 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/ HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery.</p>					
		<p>MAIN SET Pick a hill that is 15+ minutes long. Today is about completing as many repeats as you can manage.</p> <p>Aim for as many repetitions as you can manage. Push your limits a bit within a sensible and safe boundary</p> <p>Ride the first climb conservatively in Z3 (75 to 80% FTP). It should feel easy. Then aim to complete each successive climb with as close a time as you can to your first.</p> <p>Ride the rest just cruisy. Remember to eat lots. 60g CHO and 500mL fluid (minimum) per hour.</p>					
		<p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>					

15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC FOCUS	AEROBIC RIDE	ENDURANCE	RECOVERY	EPIC RIDE	AEROBIC RIDE
15:30		1:30	2:30	4:30	1:00	5:00	4:00
25 FEB-03 MAR 2019 FOCUS 3 DESCRIPTION		Include this as part of a short aerobic ride. The main set is a VO2 focus session. Aim to finish as many efforts as you can complete without being unable to sustain the required Intensity/power for each interval..	AEROBIC RIDE - BY FEEL Goal for this session is a longer ride. Nothing hard, just enough to get in some endurance type efforts.	MUSCULAR ENDURANCE - 40 MIN TOTAL CLIMBING The goal of this session is to build muscular endurance. This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing. Examples: 4 x 10 min 2 x 20 min This may be 1 x long climb or multiple moderate (approx. 20 min) climbs.- Aim to hold a consistent effort each climb. Cadence is self-selected but should feel efficient without an excessive 'strength' focus.	RECOVERY - COFFEE SHOP RIDE The goal is to preserve the "feel" for the legs but go easy.	FINAL LONG RIDE - FINAL 20 MIN TEST / HILL REPEATS The Main Goal for the session is to test your best 20 min power on a long climb. Ride out to a hill you know will take 20 mins. If it falls short then the 20 min power test won't work. The goal is a full 20 min effort. If know your FTP. Aim for that for the first couple of minutes and then lift the effort. This is so you don't cook yourself from the start. If you pace it correctly you shouldn't fade too much in the last 1/4 of the test	AEROBIC RIDE - BY FEEL Goal for this session is a longer ride. Nothing hard, just enough to get in some endurance type efforts.
	INSTRUCTIONS		MAIN SET 3 x 1 min at VO2max (Top of Z5 - 9/10 perceived effort. Take 30 sec recovery b/w each effort Try to complete 3 to 5 sets in total with 5 min b/w Sets. Control the effort and aim to keep each 1 min Av Power above VO2 (top of Z5). If you can raise the Average power as the set progress.	Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence. Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm	MAIN SET Perform repeats at: Target Power: High Z3 to Mid Z4 (85-100% FTP) Target HR: Mid Z3 to Low Z4 RPE: Should start moderate at 6 and build to 8 Being consistent within or between efforts is the main goal. You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can. After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.	Complete either 45 min on the trainer or up to 90 min on the road. Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy. Ensure that you maintain power/HR in Z1 to mid Z2. This isn't about training, it is about recovery.	MAIN SET 20 min Test - Go hard. Best power. Use the above directions as a guide. Take a good rest after the 20 min test (20 min minimum) then complete Main Set 2. MAIN SET 2 On the same climb complete 1 to 2 x 20 min 75% effort. Go by feel. If you are fatigued from the test then just complete as long as you can sustain. See how you feel afterward, but ride the rest of the ride at an aerobic pace on the way home.

16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP	RECOVERY	TEMPO	RECOVERY	EPIC RIDE	PEAKS CHALLENGE
17:30		1:00	1:00	3:00	1:00	5:00	10:00
04-10 MAR 2019 EVENT / TAPER DESCRIPTION		FTP - 5 X 5 MIN INCREASING INTENSITY You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress..	RECOVERY - COFFEE SHOP RIDE The goal is to preserve the "feel" for the legs but go easy.	TEMPO LOOP Aim for a slightly longer ride than usual today. We need to deplete muscle glycogen a bit more than usual so you can then load back up and super compensate.- Immediately post the session consume a high Carb meal and continue this eating pattern over the next 24 hours with a focus on high Carb foods / Sports drinks (electrolytes and carbs).	RECOVERY - COFFEE SHOP RIDE The goal is to preserve the "feel" for the legs but go easy.	AEROBIC RIDE - BY FEEL Goal for this session is a longer ride. Nothing hard, just enough to get in some endurance type efforts.	PEAKS CHALLENGE Good luck for the ride. If you have completed this program you should be ready to go and achieve your target time. Ride safe and have fun!
	INSTRUCTIONS	MAIN SET Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm. Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP Take 5 min recovery b/w efforts Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good. The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort.	Complete either 45 min on the trainer or up to 90 min on the road. Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy. Ensure that you maintain power/HR in Z1 to mid Z2. This isn't about training, it is about recovery.	MAIN SET Once warmed up ride a rolling loop with a few hills. Ride all hills at a controlled pace and don't go too hard. The intensity should be similar to that of the event.	Complete either 45 min on the trainer or up to 90 min on the road. Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy. Ensure that you maintain power/HR in Z1 to mid Z2. This isn't about training, it is about recovery.	Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence. Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm	



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