

Sample Training Plan



BUILD THE BASE

Our goal is to help adults, from who would like to regain fitness to improve their wellbeing through to socially competitive cyclists, or those have signed up to do a charity ride and not quite sure where to begin getting prepared for their adventure.

We are here to provide you with structure combined with monitoring of your progress and ongoing advice.

You can do our structured programmes indoors on a static trainer, commuting to work, or just getting out and about, breathing in fresh air for a change as the world gracefully passes by.

There are two restrictions.

1. We do not teach children to ride a bike, we prefer to leave that to the likes of British Cycling.
2. We cannot coach people who have been advised by their doctor not to exercise.

Other than that, it does not matter if you haven't ridden a bike for years, feel unfit or consider yourself too time constrained.

We have been there at the start of our clients' journeys to fitness and wellbeing, since 2017, we will hold your hand (well in the virtual sense) the entire way.

All training plans are based on individuals having a reasonable level of fitness and have not been advised against strenuous physical activity by a physician or other medical professional.

INTRODUCTION

This is a sample of a 12 week plan that concentrates on progressively building endurance. It is divided into three elements, namely Preparation, Base 1 and Base 2. These concentrate on building muscular strength, aerobic fitness and fatigue resistance, ensuring your fitness levels increases at a pace optimal to your ability to recover and then adapt to increased training loads, hence improved performance and resilience.

The plan has been designed to give to a moderate level of increase in fitness, keeping the levels of fatigue to manageable levels; however fatigue will peak in weeks 4 to 6 so if at any point you are starting to feel sore or drained that is not tolerable, then you need to get in touch so that I review the "dose" of each session and give you more time to recover. By the end of the 12 weeks your fitness will have increased and your fatigue sufficiently low to give you a positive degree of freshness (form).

One of the main issues we see is lack of preparation for the workouts in terms of not hydrating or fuelling enough for the session; you need to have enough energy to do the workout, so don't skimp on food or drink (water).

The workouts themselves are a combination of tempo and interval efforts in your weekday rides. Alongside these are longer rides at the weekend.

BLOCK 1

PREPARING FOR TRAINING

These are the preparation weeks, concentrating on building strength (at home, no gym equipment needed) and a progressive endurance ride at the weekend. Note that very little turbo in this block as it is likely that you will be sore from the gym work the following day.

You have a skills based ride to help you get used to the idea of higher cadences that you'll need to compensate for pure muscular strength when power is needed.

Sample Workouts

Week 1 - Zwift Watopia Sand and Sequoias - erg off

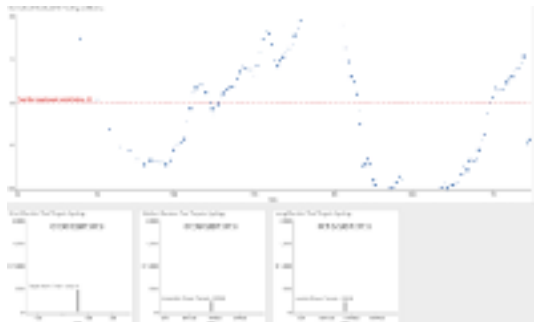
This is a non-structured session to help you ease into the use of Zwift. Select this easy, mostly flat loop on Zwift. Try to keep your heart rate low, using a cadence of 75rpm. Do not use ERG mode.

Week 2 - Power Distribution Curve Limiter Test

Objective: The traditional way to measure your power is to undertake what is called an "FTP Test", however this only

measures one point on a continuum of the power you can generate from short sprints to several hours on the road. At certain points along this continuum you will be weaker (limiters) that may need additional focus on during the training plan.

In this session we test the three weakest points to establish if they are omissions in the data or are in fact limiters that need to be addressed (see right)



Description. After a 20 minute warmup, aim to hit the prescribed watts for the duration of the intervals, then perform a 20 minute cooldown.

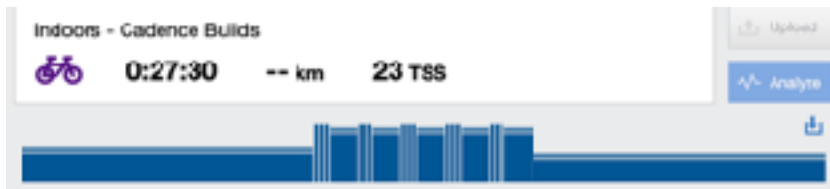
A screenshot of a cycling app interface. At the top, it says 'PDC Limiter test'. Below that is a purple bicycle icon, a time of '1:40:23', a distance of '-- km', and '109 TSS'. On the right side, there are buttons for 'Upload', 'Analyze', and a download icon. At the bottom, there is a blue bar with several segments of varying lengths, representing a power profile or interval breakdown.

Week 3 Turbo -Cadence Builds

One of the best sessions there is for neuromuscular training; however concentrate on the Cadence not power or heart rate for this session.

Objective: Your pedalling technique is key to being an efficient cyclist. By building to your maximum cadence we are helping to build new neuromuscular pathways that turn “on and off” the major muscle groups responsible for power, making your stroke smoother and more effective.

Description: After the warmup, build from a cadence of 90 RPM to your MAX over 30 seconds, recover and repeat five



times.

Pre-Activity Comments. It is key that you understand the maximum cadence you can pedal.....when you feel your hips rocking or bouncing on the saddle, back off at that point.

BLOCK 2

EARLY BASE - BUILD DEPTH

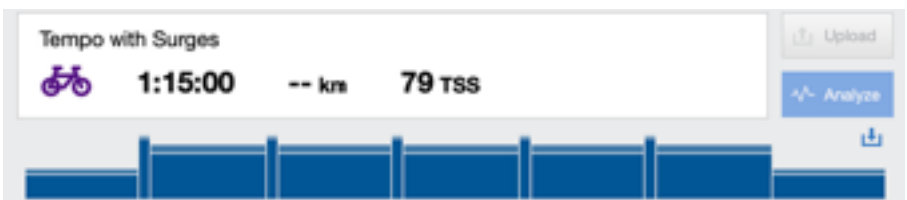
In this block we introduce a little more endurance riding (outdoors preferable) and some aerobic capacity work with Tempo based rides on the turbo.

We also add a little progression to the skills sessions.

Week 5 - Tempo with Surges

Objective : This ride is designed to push you just beyond your endurance zone (Z2) helping to create physiological adaptations and build depth of “chronic” endurance and stamina.

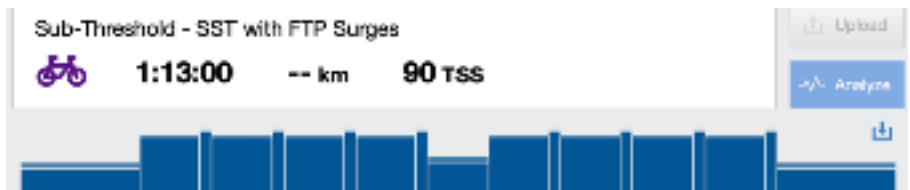
Description: After a 20 minute warmup, perform five intervals of 10 minutes each in Tempo (Z3); with 1 minute surges at Threshold power. Complete with a 10 minute cooldown. Aim to maintain a cadence of no less that 75 RPM.



Week 7 - Sub-Threshold - SST with FTP Surges

Objective : This ride is designed to give you a tough workout stretching your limits, with 40 minutes of Tempo/Threshold work to help build FTP.

Description: After a 10 minute warmup, perform four intervals of 5 minutes each in Tempo/Threshold (also called Sweetspot) with 1 minute surges at Threshold power. Recover for 5 minutes then repeat. Complete with a 10 minute cooldown. Aim to maintain a cadence of no less than 75 RPM.



Week 9 - The 30/15 HIIT. Session

Objective : This ride is designed to give you a big bang for the buck with 40 minutes of Tempo/Threshold work to help build FTP.

Description: After a 10 minute warmup, perform four intervals of 5 minutes each in Tempo/Threshold (also called

Sweetspot) with 1 minute surges at Threshold power. Recover for 5 minutes then repeat. Complete with a 10 minute cooldown. Aim to maintain a cadence of no less than 75 RPM.

WORKOUT DELIVERY

All the workouts described above are delivered via the TrainingPeaks App (mobile or desktop), with the workouts synchronised to your favourite training App such as Zwift/Rouvy/Fulgaz/Trainerroad for the indoor rides, and to your cycling computer for the outdoor rides and hence Strava.

You will be able to add post workout comments to create your own journal so that you can look back over the programme and review your progress and achievements.

ABOUT THE CYCLE FOR FITNESS COACH

Grant works with cyclists from novice to club level to advance their lifetime fitness, endurance and wellbeing; focusing on you as an individual, your goals, your concerns, and where you are on your journey to sustainable fitness.



With a lifetime of consulting experience and many years of endurance cycling, he has developed proven science-based workouts and conditioning sessions that develop resilience and build performance specific to your goals.

It all starts by understanding you, your baseline fitness, your fears and concerns, we then work with you with regular reviews to advise and fine-tune skills and workouts, thereby continuously optimising your performance, making you a better, more confident cyclist.