

# CYCLING TRAINING PLAN

Month 1		Month 2		Month 3		Month 4	
Week 1							
D1	1 hr bike Lev 1 Endurance Session	2 hr bike Lev 4 Endurance Session	Lev 4 Strength Session	1 hr bike Active Recovery Session			
D2	1 hr bike Lev 1 Endurance Session	1 hr bike Lev 1 Strength Session	Lev 2 Resistance Session	2 hr bike Active Recovery Session			
D3	1 hr bike	1 hr bike Lev 4 Endurance Session	Lev 4 Strength Session	1 hr bike			
D4	3 hr long ride Active Recovery Session	4 hr long ride Active Recovery Session	3 hr long ride Active Recovery Session	3 hr long ride Active Recovery Session			
Week 2							
D1	1 hr bike Lev 2 Endurance Session	2 hr bike Lev 4 Endurance Session	2 hr bike Lev 5 Strength Session	1 hr bike Active Recovery Session			
D2	1 hr hill ride + GPP Lev 2 Endurance Session	1 hr bike Lev 1 Strength Session	2 hr bike Lev 2 Resistance Session	2 hr bike Active Recovery Session			
D3	1 hr bike	1 hr bike Lev 4 Endurance Session	2 hr bike Lev 5 Strength Session	1 hr bike			
D4	3 hr long ride Active Recovery Session	4 hr long ride Active Recovery Session	4 hr long ride Active Recovery Session	3 hr long ride Active Recovery Session			
Week 3							
D1	1 hr bike Lev 2 Endurance Session	1 hr bike Lev 2 Strength Session	Lev 3 Resistance Session	1 hr bike			
D2	1 hr bike Lev 2 Endurance Session	2 hr bike Lev 4 Endurance Session	Ride Lev 5 Strength Session	1 hr bike Capillarization Session			
D3	2 hr bike	2 hr bike	1 hr bike Lev 3 Resistance Session	1 hr bike			
D4	3 hr long ride Active Recovery Session	4 hr long ride Active Recovery Session	Long ride Active Recovery Session	Long ride Active Recovery Session			
Week 4							
D1	1 hr bike Lev 3 Endurance Session	1 hr hill ride with Fartlek Lev 3 Strength Session	1 hr bike Active Recovery Session	Rest			
D2	Ride Lev 3 Endurance Session	Ride Lev 4 Endurance Session	1 hr bike Lev 4 Resistance Session	1 hr bike Capillarization Session x 2			
D3	Rest	Ride Lev 3 Strength Session	1 hr bike Lev 5 Strength Session				
D4		Rest					
D5	3 hr long ride Active Recovery Session	Recce of course or similar course Active Recovery Session	4 hr long ride Active Recovery Session	Capillarization Session x 2 Cycling competition Reviving Massage Session			