# Your Week's Training Goal

**Block 2** Strengthen your weaknesses

### WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY
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5 | **REST DAY** | 90min. Ride at 90-95rpm. Start with 30min Z2 then do 3 x 10min Z3a with 5min Z2 after each. Finish the ride with a further 15min Z2. | 90min. Ride a rolling route on the border of Z2 and Z3a at 90-95rpm. Keep your output consistent despite the terrain. | 90min. Ride on the border of Z2 and Z3a and 90-95rpm except for 5 x 5min Z3a at 60-65rpm. | **REST DAY** | 2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 60min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 30min Z2 at 90rpm. | 3hr. Ride on the border of Z2 and Z3a at 90-95rpm. |
6 | **REST DAY** | 90min. Ride at 90-95rpm. Start with 30min Z2 then do 3 x 12min Z3a with 3min Z2 after each. Finish the ride with a further 15min Z2. | 90min. Ride a rolling route on the border of Z2 and Z3a at 90-95rpm. Keep your output consistent despite the terrain. | 90min. Ride on the border of Z2 and Z3a and 90-95rpm except for 4 x 7min Z3a at 60-65rpm. | **REST DAY** | 2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 75min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 15min Z2 at 90rpm. | 3hr. 30min. Ride on the border of Z2 and Z3a at 90-95rpm. |
7 | **REST DAY** | 90min. Ride at 90-95rpm. Start with 30min Z2 then do 3 x 14min Z3a with 1min Z2 after each. Finish the ride with a further 15min Z2. | 90min. Ride a rolling route on the border of Z2 and Z3a at 90-95rpm. Keep your output consistent despite the terrain. | 90min. Ride on the border of Z2 and Z3a and 90-95rpm except for 3 x 10min Z3a at 60-65rpm. | **REST DAY** | 2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 15min Z2 then do 90min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 30min Z2 at 90rpm. | 4hr. Ride on the border of Z2 and Z3a at 90-95rpm. |
8 | **REST DAY** | 90min. Ride on the border of Z2 and Z3a at 90-95rpm. | 75min easy spin. No goals other than a relaxed ride. | **REST DAY** | **REST DAY** | 2hr. 30min. Ride on the border of Z2 and Z3a at 90-95rpm. | **REST DAY** |

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**YOUR WEEK'S TRAINING GOAL**

To: insert blocks of harder work without easing back on your basic Z2 effort

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**REST DAY**

90min. Ride at 90-95rpm. Start with 30min Z2 then do 3 x 10min Z3a with 5min Z2 after each. Finish the ride with a further 15min Z2.

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**REST DAY**

90min. Ride a rolling route on the border of Z2 and Z3a at 90-95rpm. Keep your output consistent despite the terrain.

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**REST DAY**

90min. Ride on the border of Z2 and Z3a and 90-95rpm except for 5 x 5min Z3a at 60-65rpm.

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**REST DAY**

2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 60min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 30min Z2 at 90rpm.

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**REST DAY**

2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 75min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 15min Z2 at 90rpm.

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**REST DAY**

2hr. Ride a rolling route on the border of Z2 and Z3a. Start with 15min Z2 then do 90min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhill. Finish with 30min Z2 at 90rpm.

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**REST DAY**

2hr. 30min. Ride on the border of Z2 and Z3a at 90-95rpm.

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**TRY THIS**

If you feel tired, decreasing an intensity by 10% is probably taking a nice even pace again.

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**TRY THIS**

Keep your pedalling smooth and powerful despite the higher intensity of the big gear blocks. Drive from the hips, keep the knees relaxed and your feet level in the pedals.

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**TRY THIS**

Rides of over three hours definitely require a real focus on fuel and fluid. Aim to drink a minimum of 500ml of energy drink and eat 60g of carbs per hour ridden.

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**TRY THIS**

Use your recovery week to review your progress. Check whether you need to change your routes. Is your bike in good nick? Do you need to buy more drink mix?

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**TRY THIS**

If you feel like you're tiptoeing up the hills and hammering the descents, you're probably holding a nice even power output.

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**TRY THIS**

Keep your pedalling smooth and powerful despite the higher intensity of the big gear blocks. Drive from the hips, keep the knees relaxed and your feet level in the pedals.

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**FITTER PLAN**

Block 2

Strengthen your weaknesses

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**TRY THIS**

Use your recovery week to relax and let the reduced volume freshen you up.

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**TRY THIS**

Rides of over three hours definitely require a real focus on fuel and fluid. Aim to drink a minimum of 500ml of energy drink and eat 60g of carbs per hour ridden.