<table>
<thead>
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<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>5</td>
<td><strong>REST DAY</strong></td>
<td>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 10min Z2.</td>
<td>90min Ride on the border of Z2 and Z3a throughout. Start with 15min at 90-95rpm, then do the following sequence twice through 10min at 90rpm, 5min at 90rpm, 30min at 105rpm, 5min at 90rpm. Finish with another 10min at 90-95rpm</td>
<td><strong>REST DAY</strong></td>
<td>90min Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 30min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhills. Finish with 30min Z2 at 90rpm.</td>
<td><strong>REST DAY</strong></td>
<td>2hr Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>6</td>
<td><strong>REST DAY</strong></td>
<td>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 10min Z2.</td>
<td>90min Ride on the border of Z2 and Z3a throughout. Start with 15min at 90-95rpm, then do the following sequence twice through 10min at 90rpm, 5min at 90rpm, 30min at 105rpm, 5min at 90rpm. Finish with another 10min at 90-95rpm</td>
<td><strong>REST DAY</strong></td>
<td>90min Ride a rolling route on the border of Z2 and Z3a. Start with 15min Z2 then do 6min pushing up to Z3b on any rises, recovering to Z2 on the flats and downhills. Finish with 15min Z2 at 90rpm.</td>
<td><strong>REST DAY</strong></td>
<td>2hr 30min Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>7</td>
<td><strong>REST DAY</strong></td>
<td>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 10min Z2.</td>
<td>90min Ride on the border of Z2 and Z3a throughout. Start with 15min at 90-95rpm, then do the following sequence twice through 10min at 50rpm, 5min at 90rpm, 30min at 105rpm, 5min at 90rpm. Finish with another 10min at 90-95rpm</td>
<td><strong>REST DAY</strong></td>
<td>90min 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 downhills. Finish with 15min Z2 at 90rpm.</td>
<td><strong>REST DAY</strong></td>
<td>3hr Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>8</td>
<td><strong>REST DAY</strong></td>
<td>75min Ride on the border of Z2 and Z3a throughout. Stay around 90-95rpm, except for 3 x 20min at 110rpm.</td>
<td><strong>REST DAY</strong></td>
<td>90min Ride on the border of Z2 and Z3a throughout. Start with 15min at 90-95rpm, then do the following sequence twice through 10min at 50rpm, 5min at 90rpm, 30min at 105rpm, 5min at 90rpm. Finish with another 10min at 90-95rpm</td>
<td>75min easy spin. No goals other than a relaxed ride.</td>
<td><strong>REST DAY</strong></td>
<td>2hr Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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**YOUR WEEK'S TRAINING GOAL**

To introduce blocks of harder work into your ride.

**YOUR WEEK'S TRAINING GOAL**

To begin extending your Sunday ride while maintaining a consistent effort.

**YOUR WEEK'S TRAINING GOAL**

To stay squarely in the correct zones in every ride this week.

**YOUR WEEK'S TRAINING GOAL**

To give your body time to rebuild and reset before the final block.

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**FURTHER PLAN**

**Block 2 Adding controlled load**

**TRY THIS**

Consider doing your Z3 blocks as laps of a 20-30min course. That way you can complete them in block so you have a comparison.

**TRY THIS**

Drink 500ml of electrolyte/carb energy drink and eat half an energy bar every hour of your Sunday rides from now on.

**TRY THIS**

Use the easier rides this week to explore some different routes, or perhaps to head out for a ride with a different group.

**TRY THIS**

If you find you need to freewheel on the downhills, it probably means you're hitting the climbs too hard. Use the same route as last block so you have a comparison.