### Cycling Fitness FURTHER PLAN

#### Block 3 Slightly increasing intensity

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>REST DAY</td>
<td>90min. Ride on the border of Z2 and Z3a and 90-95rpm, except for 2 x 10min Z2b and 80-90rpm in the middle of the ride.</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, 10min at 100rpm, 5min at 90rpm. Finish with another 15min at 90-95rpm.</td>
<td>REST DAY</td>
<td>90min. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2, then do 30min pushing up to Z4 on any rises, recovering to Z2 on the flats and downhills. Finish with 30min Z2 at 90rpm.</td>
<td>REST DAY</td>
<td>3hr Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>10</td>
<td>REST DAY</td>
<td>90min. Ride on the border of Z2 and Z3a and 90-95rpm, except for 2 x 15min Z2b and 80-90rpm in the middle of the ride.</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, 10min at 105rpm, 5min at 90rpm. Finish with another 15min at 90-95rpm.</td>
<td>REST DAY</td>
<td>90min. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2, then do 45min pushing up to Z4 on any rises, recovering to Z2 on the flats and downhills. Finish with 15min Z2 at 90rpm.</td>
<td>REST DAY</td>
<td>3hr 30min. Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>11</td>
<td>REST DAY</td>
<td>90min. Ride on the border of Z2 and Z3a and 90-95rpm, except for 2 x 20min Z2b and 80-90rpm in the middle of the ride.</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, 10min at 115rpm, 5min at 90rpm. Finish with another 15min at 90-95rpm.</td>
<td>REST DAY</td>
<td>90min. Ride a rolling route on the border of Z2 and Z3a. Start with 15min Z2 then do 60min pushing up to Z4 on any rises, recovering to Z2 on the flats and downhills. Finish with 30min Z2 at 90rpm.</td>
<td>REST DAY</td>
<td>4hr Ride on the border of Z2 and Z3a at 90-95rpm.</td>
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<td>12</td>
<td>REST DAY</td>
<td>90min. Ride on the border of Z2 and Z3a throughout. Stay around 90-95rpm apart from 3 x 10min at 120rpm.</td>
<td>REST DAY</td>
<td>90min. Ride a rolling route on the border of Z2 and Z3a. Start with 30min Z2 then do 30min pushing up to Z4 on any rises, recovering to Z2 on the flats and downhills. Finish with 30min Z2 at 90rpm.</td>
<td>REST DAY</td>
<td>90min easy spin. No goals other than a relaxed ride.</td>
<td>REST DAY</td>
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</tbody>
</table>

**YOUR WEEK’S TRAINING GOAL**

- **Week 9**: To introduce efforts focusing on your maximum lactate steady state
- **Week 10**: To extend Tuesday’s efforts while maintaining the same work rate as last week
- **Week 11**: To complete a final solid week of general endurance conditioning
- **Week 12**: To beat the distance covered in week four’s FT Test on Sunday

**FURTHER PLAN**

**Block 3**

- Slightly increasing intensity

**TRY THIS**

- The key to successful hill climbing is being prepared and evenly distributed effort. Keep your speed up, but do steady.
- An hour of solid repeated Z4 climbing is a tough workout. Make sure you have eaten 1-2 hours before you start, and keep your effort under control on the early short climbs.
- Treat the test effort like a race. Start fuelled, warm up well, hold back to start, then build up and suffer to finish.
- It’s tempting to vary routes as your ride length increases, but from a fitness perspective you’ll get much more out of simply gradually extending your ability to hold a solid pace.
- The key to sweetspot riding is to stay on top of the gears and ‘keep pressing on’. Don’t attack the uphills, but do push the descents (safely!)

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**REST DAY**

- 90min.
- Ride on the border of Z2 and Z3a.
- **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, 10min at 105rpm, 5min at 90rpm.**
- **Finish with another 15min at 90-95rpm.**
- **3hr.**
- **Ride on the border of Z2 and Z3a at 90-95rpm.**
- **3hr 30min.**
- **Ride on the border of Z2 and Z3a at 90-95rpm.**
- **4hr.**
- **Ride on the border of Z2 and Z3a at 90-95rpm.**
- **3hr 30min.**
- **Ride on the border of Z2 and Z3a at 90-95rpm.**
- **2hr including an FT Test (see p2-3).**