

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 1	Day off	1 Hour - 15 min warmup - 35 min Z2 - (60-80% HRT/50-75% FTP) - 10 min cool-down	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -15 cool down	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 4x4 min BG - (75-85% HRT/FTP) (2 min RBI) - 10 min Z3 - (80-95% HRT/75-90% FTP) - 15 min cool down	Active Recovery	3 Hours - Flat to rolling terrain - Steady Z2 - (60-80% HRT/50-75% FTP)	2 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	9 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 2	Day off	1 Hour - 15 min warmup - 35 min Z2 - (60-80% HRT/50-75% FTP) - 10 min cool-down	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -15 cool down	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 4x4 min BG - (75-85% HRT/FTP) (2	Active Recovery	3 Hours - Flat to rolling terrain - Steady Z2 - (60-80% HRT/50-75% FTP)	2 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	9 hours

				min RBI - 10 min Z3 - (80-95% HRT/75-90% FTP) - 15 min cool down				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 3	Day off	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75- 90% FTP) (10 min RBI) -15 cool down	1 Hour Easy	1.5 Hours - 15 min warmup - 3x15 min Z3 - (80-95% HRT/75-90% FTP) (5 min RBI) -15 cool down	Active Recovery	3.5 Hours - Climbing if possibZ2 - (60- 80% HRT/50- 75% FTP) - Steady Z2 - (60-80% HRT/50-75% FTP) on the flats, Z3 - (80- 95% HRT/75- 90% FTP) on the climbs	2 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	9.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 4	Day off	1 Hour Z2 - (60- 80% HRT/50-75% FTP)	1 Hour Easy	1 Hour Z2 - (60-80% HRT/50-75% FTP)	Active Recovery	3 Hours - Flat to rolling terrain - Steady Z2 - (60-80% HRT/50-75% FTP)	1.5 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	7.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours

Week 5	Day off	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -- sprint 10 sec @ each 5 min -15 cool down	1.5 Hours - 15 min warmup - 45 min Z3 - (80-95% HRT/75-90% FTP) -- Alternate 10 min low Z3 - (80-95% HRT/75-90% FTP), 5 min high Z3 - (80-95% HRT/75-90% FTP) - 15 min Z2 - (60-80% HRT/50-75% FTP) - 15 min cool down	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 4x4 min BG - (75-85% HRT/FTP) (2 min RBI) - 10 min Z3 - (80-95% HRT/75-90% FTP) - 15 min cool down	Active Recovery	4 Hours - Flat to rolling terrain - Steady Z2 - (60-80% HRT/50-75% FTP) -- 15 min Z3 - (80-95% HRT/75-90% FTP) near end of ride - Cool down	2 Hours - 15 min warmup - 1 hour steady Z2 - (60-80% HRT/50-75% FTP) - 4x3 min BG - (75-85% HRT/FTP) (2 min RBI) - 20 min cool down	10.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 6	Day off	2 Hours - 15 min warmup - 4x15 min high Z3 - (80-95% HRT/75-90% FTP) (5 min RBI) -15 cool down	1 Hour Easy	1.5 Hours - 15 min warmup - 45 min Z3 - (80-95% HRT/75-90% FTP) - 15 min Z2 - (60-80%	Active Recovery	4 Hours - Climbing if possible - Steady Z2 - (60-80% HRT/50-75% FTP) on the flats, Z3 - (80-95% HRT/75-	2.5 Hours - 15 min warmup - 2x30 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -- sprint 10	11 hours

			HRT/50-75% FTP) @ 90+ RPM - 15 min cool down		90% FTP) on the climbs	sec @ each 5 min - 20 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 cool down	
--	--	--	---	--	------------------------	---	--

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 7	Day off	1.5 Hours - 15 min warmup - 45 min Z3 - (80-95% HRT/75-90% FTP) - 15 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 min cool down	1 Hour - 15 min warmup - 4x4 min Z4 - (95-105% HRT/90-100% FTP) (4 min RBI) - 15 min cool down	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 4x4 min BG - (75-85% HRT/FTP) (2 min RBI) - 10 min Z3 - (80-95% HRT/75-90% FTP) - 15 min cool down	Active Recovery	4 Hours - Group Ride or - Steady Z2 - (60-80% HRT/50-75% FTP) on flat or rolling terrain	2.5 Hours - 15 min warmup - 2x30 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -- sprint 10 sec @ each 5 min - 20 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 cool down	10.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours

Week 8	Day off	1 Hour Z2 - (60-80% HRT/50-75% FTP)	1 Hour Easy	1 Hour Z2 - (60-80% HRT/50-75% FTP)	Active Recovery	3 Hours - Flat to rolling terrain - Steady Z2 - (60-80% HRT/50-75% FTP)	1.5 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	7.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 9	Day off	1.5 Hours - 15 min warmup - 45 min Z3 - (80-95% HRT/75-90% FTP) - 15 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 min cool down	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 4x4 min BG - (75-85% HRT/FTP) (2 min RBI) - 10 min Z3 - (80-95% HRT/75-90% FTP) - 15 min cool down	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -15 cool down	Active Recovery	4.5 Hours - Climbing if possible - Steady Z2 - (60-80% HRT/50-75% FTP) on the flats, Z3 - (80-95% HRT/75-90% FTP) on the climbs	2.5 Hours - 15 min warmup - 2x30 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -- sprint 10 sec @ each 5 min - 20 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 cool down	11.5 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours

Week 10	Day off	1.5 Hours - 15 min warmup - 20 min Z3 - (80-95% HRT/75-90% FTP) - 10 min Z1 - <60% HRT/<50% FTP - <60% HRT/<50% FTP - 5x4 min Z4 - (95-105% HRT/90-100% FTP) (4 min RBI) - 15 min cool down	1.5 Hours - 15 min warmup - 2x20 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -15 cool down	2 Hours - Steady Z2 - (60-80% HRT/50-75% FTP)	Active Recovery	4 Hours - Group Ride or - Steady Z2 - (60-80% HRT/50-75% FTP) on flat or rolling terrain	2 Hours - 15 min warmup - 1 hour steady Z2 - (60-80% HRT/50-75% FTP) - 4x3 min BG - (75-85% HRT/FTP) (2 min RBI) - 20 min cool down	11 hours
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 11	Day off	1.5 Hours - 15 min warmup - 45 min Z4 - (95-105% HRT/90-100% FTP)/Z3 - (80-95% HRT/75-90% FTP) (alternate 5 min in each zone) - 15 min Z2 - (60-80% HRT/50-75% FTP) @ 90+ RPM - 15 min cool down	1.5 Hours - 15 min warmup - 20 min Z3 - (80-95% HRT/75-90% FTP) - 10 min Z1 - <60% HRT/<50% FTP - 4x4 min Z4 - (95-105% HRT/90-100% FTP) (4 min RBI) - 15 min cool	1.5 Hours - 15 min warmup - 15 min Z3 - (80-95% HRT/75-90% FTP) - 10 min easy - 5x4 min BG - (75-85% HRT/FTP) (2 min RBI) - 10 min Z3 - (80-95% HRT/75-90%	Active Recovery	4.5 Hours - Climbing if possible - Steady Z2 - (60-80% HRT/50-75% FTP) on the flats, Z3 - (80-95% HRT/75-90% FTP) on the climbs	2.5 Hours - 15 min warmup - 2x30 min Z3 - (80-95% HRT/75-90% FTP) (10 min RBI) -- sprint 10 sec @ each 5 min - 20 min Z2 - (60-80% HRT/50-75% FTP) @ 90+	11.5 hours

			down	FTP) - 15 min cool down			RPM - 15 cool down	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Week 12	Day off	1 Hour Z2 - (60-80% HRT/50-75% FTP)	1 Hour Easy	1 Hour Z2 - (60-80% HRT/50-75% FTP)	Active Recovery	1 Hour Z2 - (60-80% HRT/50-75% FTP)	<i>GFNY Cozumel</i>	

Key	Description	Perceived Effort	Heart Rate	Power	Notes
Z1	Easy	1-2 out of 10	< 60% HRT	< 50% FTP	
Z2	Long Endurance	3-4 out of 10	60% - 80% HRT	50% - 75% FTP	
Z3	Medium Endurance	5-6 out of 10	80% - 95% HRT	75% - 90% FTP	
BG	Big Gear - Strength	5-6 out of 10 muscZ2, 4 out of 10 cardio	75% - 85% HRT	75% - 85% FTP	This is big gear riding with cadence lowered to 40-50rpm. If you experience any knee pain tend toward the higher cadence
Z4	Anaerobic Threshold	7-8 out of 10	95% - 105% HRT	90% - 100% FTP	
Z5	Anaerobic Interval	9+	>105% HRT	>100% FTP	
RBI	Rest between	Z1	< 60% HRT	< 50% FTP	The harder the efforts, the easier the rest.

Interval

* FTP is defined as your maximum average power for 60 minutes under ideal conditions

** HRT is defined as the average HR during the method used to determine FTP

*** Determining FTP can be done a few ways (remember - it is only a guideline)

1. Do an all out 40K time trial (use whatever bike you have) - take the average power and/or average HR from the effort
2. Use the average power or HR from hard, long efforts you have sustained in training (at least 20 min efforts)
3. Test with a protocol (e.g. warm up, all out 5 min effort, 2x20 all out with 10 min RBI, cool down) - use 92%-95% of the power or HR from the 2nd 20 minute