

# BASE 1

		Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Week 1 Base 1	Nov	7	8	9	10	11	12	13		
	Plan Time	0:00	1:00	1:30	1:00	1:00	2:30	1:30	8:30	hrs
	Time	0:00	1:04	1:22	1:02	0:59	2:09	1:22	7:58	hrs
	Plan Miles	0.0	17.0	25.5	17.0	17.0	42.5	25.5	144.5	miles
	Miles	0.0	20.0	25.0	18.8	16.0	36.0	22.2	138.0	miles
	Workout	Off	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E1/S1/S2 - Recovery & Cadence Drills	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)		
Week 2 Base 1	Nov	14	15	16	17	18	19	20		
	Plan Time	0:00	1:00	1:30	1:00	1:00	3:00	2:00	9:30	hrs
	Time	0:30							0:30	hrs
	Plan Miles	0.0	17.0	25.5	17.0	17.0	51.0	34.0	161.5	miles
	Miles	7.9							7.9	miles
	Workout	Off	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E1/S1/S2 - Recovery & Cadence Drills	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)		

# BASE 2

		Mon	Tue	Wed	Thu	Fri	Sat	Sun			
<b>Week 3</b>	Nov	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>			
	Plan Time	0:45	1:00	1:30	1:00	1:00	2:00	1:15	8:30	hrs	
	Time								0:00	hrs	
	Plan Miles	12.8	19.0	27.0	17.0	17.0	34.0	21.3	148.0	miles	
Miles								0.0	miles		
Workout	E1 - Recovery Zone 1 (115-134)	M1 - Tempo Zone 3 (146-153) 100rpm	E2 - Aerobic Zone 2 (135-145)	E1/S1/S2 - Recovery & Cadence Drills	F1 - Mod Hills Zone 3&4 (146-164) 3 min Climbs seated	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)				
<b>Week 4</b>	Nov	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>			
	Plan Time	0:45	1:00	1:30	1:00	1:00	3:00	1:30	9:45	hrs	
	Time								0:00	hrs	
	Plan Miles	12.8	19.0	27.0	17.0	17.0	51.0	25.5	169.3	miles	
Miles								0.0	miles		
Workout	E1 - Recovery Zone 1 (115-134)	M1 - Tempo Zone 3 (146-153) 100rpm	E2 - Aerobic Zone 2 (135-145)	E1/S1/S2 - Recovery & Cadence Drills	F1 - Mod Hills Zone 3&4 (146-164) 3 min Climbs seated	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)				
<b>Week 5</b>	Dec	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>			
	Plan Time	0:45	1:00	1:30	1:00	1:00	3:30	2:00	10:45	hrs	
	Time								0:00	hrs	
	Plan Miles	12.8	19.0	27.0	17.0	17.0	59.5	34.0	186.3	miles	
Miles								0.0	miles		
Workout	E1 - Recovery Zone 1 (115-134)	M1 - Tempo Zone 3 (146-153) 100rpm	E2 - Aerobic Zone 2 (135-145)	E1/S1/S2 - Recovery & Cadence Drills	F1 - Mod Hills Zone 3&4 (146-164) 3 min Climbs seated	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)				
<b>Week 6</b>	Dec	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>			
	Plan Time	0:00	0:45	0:45	0:45	0:30	1:00	1:15	5:00	hrs	
	Time								0:00	hrs	
	Plan Miles	0.0	12.8	12.8	12.8	8.5	17.0	21.3	85.0	miles	
Miles								0.0	miles		
Workout	Off	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	S1/S2/S5 - Cadence Drills & Form Sprints	E1 - Recovery Zone 1 (115-134)	T1 - Aerobic TT (153-155)	E2 - Aerobic Zone 2 (135-145)				

# BASE 3

		Mon	Tue	Wed	Thu	Fri	Sat	Sun				
<b>Week 7</b>	<b>Base 3</b>	Dec	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>			
		Plan Time	0:45	1:00	1:30	1:00	1:00	2:00	1:15	8:30	hrs	
		Time								0:00	hrs	
		Plan Miles	12.8	17.0	25.5	17.0	17.0	34.0	21.3	144.5	miles	
									0.0	miles		
		M2 - Cruise Interval Zone 4&5a (154-167)										
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		F1 - Mod Hills Zone 3&4 (146-164) 3 min Climbs seated		
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		E2 - Aerobic Zone 2 (135-145)		
<b>Week 8</b>	<b>Base 3</b>	Dec	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>			
		Plan Time	0:45	1:00	1:30	1:00	1:00	2:30	2:30	10:15	hrs	
		Time								0:00	hrs	
		Plan Miles	12.8	17.0	25.5	17.0	17.0	42.5	42.5	174.3	miles	
									0.0	miles		
		M1 - Tempo Zone 3 (146-153) 100rpm										
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		F1 - Mod Hills Zone 3&4 (146-164) 3 min Climbs seated		
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		E2 - Aerobic Zone 2 (135-145)		
<b>Week 9</b>	<b>Base 3</b>	Jan	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>			
		Plan Time	0:45	1:00	1:30	1:00	1:00	3:00	3:00	11:15	hrs	
		Time								0:00	hrs	
		Plan Miles	12.8	17.0	25.5	17.0	17.0	51.0	51.0	191.3	miles	
									0.0	miles		
		M2 - Cruise Interval Zone 4&5a (154-167)										
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		F2 - Long Hills Zone 3&4 (146-164) 6 min climbs		
		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)		E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec		E2 - Aerobic Zone 2 (135-145)		E2 - Aerobic Zone 2 (135-145)		
<b>Week 10</b>	<b>Base 3 R&amp;R</b>	Jan	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>			
		Plan Time	0:00	0:45	0:45	0:45	0:30	1:00	1:15	5:00	hrs	
		Time								0:00	hrs	
		Plan Miles	0.0	12.8	12.8	12.8	8.5	17.0	21.3	85.0	miles	
									0.0	miles		
		E2 - Aerobic Zone 2 (135-145)										
		Off	E2 - Aerobic Zone 2 (135-145)		E2 - Aerobic Zone 2 (135-145)		S1/S2/S5 - Cadence Drills & Form Sprints		E1 - Recovery Zone 1 (115-134)		T1 - Aerobic TT (153-155)	
		Off	E2 - Aerobic Zone 2 (135-145)		E2 - Aerobic Zone 2 (135-145)		S1/S2/S5 - Cadence Drills & Form Sprints		E1 - Recovery Zone 1 (115-134)		E2 - Aerobic Zone 2 (135-145)	

# BUILD 1

		Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Week 11 Build 1	Jan	16	17	18	19	20	21	22		
	Plan Time	0:45	1:30	1:00	1:00	1:00	1:15	3:00	9:30	hrs
	Time								0:00	hrs
	Plan Miles	12.8	25.5	17.0	17.0	17.0	21.3	51.0	161.5	miles
									0.0	miles
Workout	E1 - Recovery Zone 1 (115-134)	F3 - Steep Hills Zone 5b (169-172) 2 min, 3-5 min Rec Zone 1	E1 - Recovery Zone 1 (115-134)		S5 - Form Sprints 15 sec, 5 min Rec	E2 - Aerobic Zone 2 (135-145)	A1 - Group Ride up to Zone 5a-5c			
Week 12 Build 1	Jan	23	24	25	26	27	28	29		
	Plan Time	0:45	1:30	1:00	1:00	1:00	2:15	3:00	10:30	hrs
	Time								0:00	hrs
	Plan Miles	12.8	25.5	17.0	17.0	17.0	38.3	51.0	178.5	miles
									0.0	miles
Workout	E1 - Recovery Zone 1 (115-134)	M1 - Tempo Zone 3 (146-153) 100rpm	E1 - Recovery Zone 1 (115-134)		S5 - Form Sprints 15 sec, 5 min Rec	E2 - Aerobic Zone 2 (135-145)	A1 - Group Ride up to Zone 5a-5c			
Week 13 Build 1 R&R	Jan	30	31	1	2	3	4	5		
	Plan Time	0:00	0:45	0:45	0:45	0:30	1:00	1:15	5:00	hrs
	Time								0:00	hrs
	Plan Miles	0.0	12.8	12.8	12.8	8.5	17.0	21.3	85.0	miles
									0.0	miles
Workout	Off	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec	E1 - Recovery Zone 1 (115-134)	T2 - TT 15 min warm, 8 mile TT Flat	E2 - Aerobic Zone 2 (135-145)			

# BUILD 2

Week 14 Build 2	Feb	6	7	8	9	10	11	12		
	Plan Time	0:45	1:30	1:00	1:00	1:00	1:15	3:00	9:30	hrs
	Time								0:00	hrs
	Plan Miles	12.8	25.5	17.0	17.0	17.0	21.3	51.0	161.5	miles
									0.0	miles
Workout	E1 - Recovery Zone 1 (115-134)	F3 - Steep Hills Zone 5b (169-172) 2 min, 3-5 min Rec Zone 1	E1 - Recovery Zone 1 (115-134)		S5 - Form Sprints 15 sec, 5 min Rec	E2 - Aerobic Zone 2 (135-145)	A1 - Group Ride up to Zone 5a-5c			
Week 15 Build 2	Feb	13	14	15	16	17	18	19		
	Plan Time	0:45	1:30	1:00	1:00	1:00	2:15	3:00	10:30	hrs
	Time								0:00	hrs
	Plan Miles	12.8	25.5	17.0	17.0	17.0	38.3	51.0	178.5	miles
									0.0	miles
Workout	E1 - Recovery Zone 1 (115-134)	M1 - Tempo Zone 3 (146-153) 100rpm	E1 - Recovery Zone 1 (115-134)		S5 - Form Sprints 15 sec, 5 min Rec	E2 - Aerobic Zone 2 (135-145)	A1 - Group Ride up to Zone 5a-5c			
Week 16 Build 2 R&R	Feb	20	21	22	23	24	25	26		
	Plan Time	0:00	0:45	0:45	0:45	0:30	1:00	1:15	5:00	hrs
	Time								0:00	hrs
	Plan Miles	0.0	12.8	12.8	12.8	8.5	17.0	21.3	85.0	miles
									0.0	miles
Workout	Off	E2 - Aerobic Zone 2 (135-145)	E2 - Aerobic Zone 2 (135-145)	E1/S1/S5 - Recovery & Form Sprints 15 sec, 5 min Rec	E1 - Recovery Zone 1 (115-134)	T2 - TT 15 min warm, 8 mile TT Flat	E2 - Aerobic Zone 2 (135-145)			

Endurance	E1 - Recovery	Zone 1 (115-134) small ring, flat or rollers
	E2 - Aerobic	Zone 2 (135-145) small ring, seated climbing
	E3 - Fixed Gear	
Force	F1 - Moderate Hills	Zone 4 (154-164) <6%, <3min, seated climbing, >70 rpm
	F2 - Long Hills	Zone 5a (165-168), <8%, >6min, mostly seated, >60 rpm
	F3 - Steep Hills	Zone 5b (169-173), >8%, <2min, seated & standing, 50-60 rpm, 5 min rec zone 1
Speed	S1 - Spin Ups	1min build up to max cadence, hold as long as possible, 3 min Rec
	S2 - Isolated Leg	
	S3 - Cornering	
	S4 - Bumping	
	S5 - Form Sprints	6-10 15 sprints, not all out, 5 min rec
	S6 - Sprints	10-15 race effort sprints, 5 min rec
Muscular-Endurance	M1 - Tempo	Zone 3 (146-153) 100rpm 20-30 min build up to 75-90min
	M2 - Cruise Intervals	Zone 4&5a (154-168) 100rpm, 3-5 x 6-12min, 2-3min Rec zone 2 (135-145)
	M3 - Hill Cruise Intervals	Same as M2 with 2-4% grade
	M4 - Motor-Pace Cruise Intervals	Same as M2 with Motorcycle
	M5 - Crisscross Threshold	Zone 4&5a 20-40min, build 2min to top zone 5a (168) then 2min to bottom of zone 4 (154) and repeat
	M6 - Threshold	Zone 4&5a (154-168) 100rpm, 20-40min
	M7 - Motor-Pace Threshold	Same as M6 with Motorcycle
Anaerobic - Endurance	A1 - Group Ride	Ride how you feel, into Zone 5a-5c several times
	A2 - SE Intervals	Zone 5b (169-173) 90+rpm, 5x 3-6min, Rec 3-6min zone 1 (115-134)
	A3 - Pyramid Intervals	Zone 5b (169-173) 90+rpm, 1-2-3-4-4-3-2-1, Rec same as work zone 1 (115-134)
	A4 - Hill Intervals	Zone 5b (169-173) 60+rpm, 5x 3-4min, Rec 3-4min zone 1 (115-134)
	A5 - Lactate Tolerance Reps	Zone 5c (174-183) 100rpm, 4-8x 90sec-2min, Rec 2.5x
	A6 - Hill Reps	Zone 5b (169-173) 6-8%, 4-8x 90sec, 30sec seated 5b then 30sec stand and sprint 5c, Rec 4min zone 1 (115-134)
Power	P1 - Jumps	3-5sets of 5 jumps, Rec 1min between jumps and 5min between sets
	P2 - Hill Sprints	Zone 5c (174-183) 4-6%, 6-9x 20sec, 10sec flat 10sec on climb, Rec 5min
	P3 - Crit Sprints	6-9x 25-35sec all out sprints, Rec 5 min zone 1 (115-134)
Test	T1 - Aerobic Time Trial	LTHR - 9-11bpm (153-155) 5 miles
	T2 - Time Trial	8mi TT, Full effort

FRIEL	% of LTHR		
1	65-81	107 - 134	Recovery
2	82-88	135 - 145	Aerobic
3	89-93	146 - 153	Tempo
4	94-100	154 - 164	SubThreshold
5A	101-102	165 - 168	SuperThreshold
5B	103-105	169 - 173	Aerobic Capacity
5C	106+	174 - 183	Anaerobic Capacity

LTHR = 164 0.896174863  
% of MHR

MHR = 183