



WEEK 1	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 2 x 10 min efforts with 5 min recoveries	(zone 2 / 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	45 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 35 min endurance ride incl. 3 x 5 min threshold efforts		
	• 10 min CD	(zone 1 / 2)	
SUNDAY	1 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>

WEEK 2	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 3 x 6 min efforts with 2 min recoveries	(zone 4)	
	• 20 min tempo ride	(zone 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	50 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 35 min endurance ride incl. 3 x 6 min threshold efforts		
	• 10 min CD	(zone 1 / 2)	
SUNDAY	1 hr 15 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>



WEEK 3	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 12 x 1 min surges with 75 sec recoveries	(zone 6)	
	• 15 min tempo ride	(zone 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	1 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 40 min endurance ride incl. 4 x 5 min threshold efforts		
	• 10 min CD	(zone 1 / 2)	
SUNDAY	1 hr 45 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>

WEEK 4	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 8 x 1 min intervals with 75 sec recoveries. Rest for 10 min and repeat	(zone 6 / 7)	
	• 10 min tempo ride	(zone 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	1 hr 15 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 45 min endurance ride incl. 3 x 8 min threshold efforts		
	• 10 min CD	(zone 1 / 2)	
SUNDAY	2 hr 15 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>



WEEK 5	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU (zone 1 / 2)	<input type="checkbox"/>	
	• 5 x 6 min efforts with 2 min recoveries (zone 4)		
	• 15 min tempo ride (zone 3)		
	• 10 min CD (zone 1 / 2)		
WEDNESDAY	1 hr 15 min endurance ride (zone 2 / 3)	<input type="checkbox"/>	
THURSDAY	Cross-training	<input type="checkbox"/>	
FRIDAY	Rest	<input type="checkbox"/>	
SATURDAY	• 10 min WU (zone 1 / 2)	<input type="checkbox"/>	
	• 1 hr endurance ride incl. 2 x 10 min threshold efforts		
	• 10 min CD (zone 1 / 2)		
SUNDAY	3 hr endurance ride (zone 2 / 3)	<input type="checkbox"/>	

WEEK 6	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU (zone 1 / 2)	<input type="checkbox"/>	
	• 5 x 6 min efforts with 2 min recoveries (zone 4 / 5)		
	• 20 min tempo ride (zone 3)		
	• 10 min CD (zone 1 / 2)		
WEDNESDAY	1 hr 15 min endurance ride (zone 2 / 3)	<input type="checkbox"/>	
THURSDAY	Cross-training	<input type="checkbox"/>	
FRIDAY	Rest	<input type="checkbox"/>	
SATURDAY	• 10 min WU (zone 1 / 2)	<input type="checkbox"/>	
	• 1 hr endurance ride incl. 2 x 15 min threshold efforts		
	• 10 min CD (zone 1 / 2)		
SUNDAY	3 hr 30 min endurance ride (zone 2 / 3)	<input type="checkbox"/>	



WEEK 7	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 3 x 9 min efforts with 2 min recoveries	(zone 4)	
	• 40 min endurance ride	(zone 2 / 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	1 hr 15 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 1 hr endurance ride incl. 4 x 8 min threshold efforts		
	• 10 min CD	(zone 1 / 2)	
SUNDAY	4 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>

WEEK 8	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 45 min tempo ride	(zone 3 / 4)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	1 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 20 min endurance ride	(zone 2)	
	• 25 min threshold ride	(zone 6)	
	• 10 min CD	(zone 1 / 2)	
SUNDAY	4 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>



WEEK 9	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 45 min tempo ride	(zone 4)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	1 hr endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 20 min endurance ride	(zone 2)	
	• 20 min tempo ride	(zone 3 / 4)	
	• 20 min threshold ride	(zone 6)	
	• 10 min CD	(zone 1 / 2)	
SUNDAY	3 hr 30 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>

WEEK 10	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 60 min tempo ride	(zone 3 / 4)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	50 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 20 min endurance ride	(zone 2)	
	• 20 min tempo ride	(zone 3 / 4)	
	• 10 min threshold ride	(zone 6)	
	• 10 min CD	(zone 1 / 2)	
SUNDAY	2 hr 30 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>



WEEK 11	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 40 min endurance ride incl. 3 x 5 sec sprints	(zone 7)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	50 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• Rest or go for an easy cycle		<input type="checkbox"/>
SUNDAY	1 hr 30 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>

WEEK 12	SESSION	EFFORT ZONE	
MONDAY	Rest		<input type="checkbox"/>
TUESDAY	• 10 min WU	(zone 1 / 2)	<input type="checkbox"/>
	• 3 x 15 min tempo efforts with 3 min recoveries	(zone 3)	
	• 10 min CD	(zone 1 / 2)	
WEDNESDAY	45 min endurance ride	(zone 2 / 3)	<input type="checkbox"/>
THURSDAY	Cross-training		<input type="checkbox"/>
FRIDAY	Rest		<input type="checkbox"/>
SATURDAY	• Rest or go for an easy cycle		<input type="checkbox"/>
SUNDAY	It's time to put your training into practice – have fun out there!		<input type="checkbox"/>