



Training Program designed for Cirque du vélos by Clark Butcher, *Propel Endurance Training*. For more information about a custom training program designed around your goals, visit [www.propelyou.com](http://www.propelyou.com)

### **October (Beginning your Base):**

- Keep under Zone 3 at all times;
- Max of 14hrs a week, at least 6hrs a week;
- Rides up to 2hrs a day;
- Ride 4-5 days a week; and
- Cross-Train 1 day a week (see notes below).

#### Notes

\*For Cross-Training, only complete 75% of the assigned ride duration. For example, only 45 minutes of running, hiking, swimming for every 1hour of riding assigned;

\*For rides on the Trainer, only complete 75% of the assigned duration; and

\*It's just October - Don't burn out!



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### **November (Base + Strength):**

- Try to keep under Zone 3 at all times;
- Max of 16hrs a week, at least 6hrs a week;
- Rides up to 2.5hrs a day;
- May ride 1 day a week for up to 3hrs;
- Ride 4-5 days a week.
- **Efficiency** Drills 2 days per week. Always complete before Strength Drills
- **Strength** Drills 2 days per week with 2 days off between each

**Strength Drill- November:** 1<sup>st</sup> Week – 4 x 3 min. on 3 min. off @ 60-70rpm  
2<sup>nd</sup> Week – 5 x 3 min. on 4 min. off @ 60-70rpm  
3<sup>rd</sup> Week – 4 x 4 min. on 4 min. off @ 60-70rpm  
4<sup>th</sup> Week – 5 x 4 min. on 5 min. off @ 60-70rpm

\*Complete these in your BIG ring;

\*Remain in the saddle for the duration of the interval; and

\*Complete these on a trainer or a road where the duration will be uninterrupted.

**Efficiency Drill- November:** 2 sets of 5 x :30 on 2 min. off (Take 10 min. off b/w sets)

While riding slowly build your cadence up until your butt begins to bounce on the saddle. As soon as this begins, hold your cadence (likely around 110rpm+) for the duration of the interval.

\*Complete these in your small ring;

\*Remain in the saddle for the duration of the interval; and

\*Complete these on a trainer, or a road where the duration will be uninterrupted.

### **\*\*Notes\*\***

\*Your heart rate may exceed Zone3 during the “Efficiency Drills”

\* For Cross-training, only complete 75% of the assigned ride duration. For example, only 45 minutes of running, hiking, swimming for every 1hour of riding assigned; and

\* For rides on the Trainer, only complete 75% of the assigned duration.



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## **December (Base + Strength):**

- Try to keep under Zone 3 at all times;
- Max of 16hrs a week, at least 6hrs a week;
- Rides up to 2.5hrs a day;
- May ride 1 day a week for up to 3.5hrs;
- Ride 4-5 days a week.
- **Efficiency** Drills 2 days per week. Always complete before Strength Drills
- **Strength** Drills 2 days per week with 2 days off between each
- Last Week of the month is a **Recovery Week**

**Strength Drill- December:** 1<sup>st</sup> Week – 4 x 4 min. on 3 min. off @ 60-70rpm  
2<sup>nd</sup> Week – 5 x 4 min. on 4 min. off @ 60-70rpm  
3<sup>rd</sup> Week – 5 x 4 min. on 4 min. off @ 60-70rpm  
4<sup>th</sup> Week – **Recovery/Off Week**

\*Complete these in your BIG ring;

\*Remain in the saddle for the duration of the interval; and

\*Complete these on a trainer, or a road where the duration will be uninterrupted.

**Efficiency Drill- December:** 1<sup>st</sup> Week – 2 sets of 6 x :30 on 2 min. off  
2<sup>nd</sup> Week – 6 x 1 min. on 2 min. off  
3<sup>rd</sup> Week – 7 x 1 min. on 2 min. off  
4<sup>th</sup> Week – **Recovery/Off Week**

While riding slowly build your cadence up until your butt begins to bounce on the saddle. As soon as this begins, hold your cadence (likely around 110rpm+) for the duration of the interval.

\*Complete these in your small ring;

\* Take 10 min. off b/w sets;

\*Remain in the saddle for the duration of the interval; and

\*Complete these on a trainer, or a road where the duration will be uninterrupted.

### **\*\*Notes\*\***

\*Your heart rate may exceed Zone3 during the “Efficiency Drills”

\* For Cross-training, only complete 75% of the assigned ride duration. For example, only 45min. of running, hiking, swimming, etc for every 1hr. of riding assigned.

\* For Trainer rides and Spinning, only complete 75% of the assigned duration. (45min. for every 1hr. )



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## January (Base + Tempo)

- Keep under Zone 3 unless you are completing a Tempo Drill
- Max of 16hrs a week, at least 6hrs a week
- Rides up to 2.5hrs. a day
- \*You may ride 1 day a week for up to 4hrs if you choose
- Ride 4-5 days a week
- **Tempo** drills 2 days per week – in Zone 3,4 (1 day a week on 2<sup>nd</sup> week)
- \*\*Complete 2<sup>nd</sup> week drill on either Tuesday or Wed before training camp

**Tempo Drill- January:** 1<sup>st</sup> Week – 3 x 3 min. on 5 min. off @ Zone 3,4  
2<sup>nd</sup> Week – 4 x 3 min. on 5 min. off @ Zone 3,4  
3<sup>rd</sup> Week – 3 x 4 min. on 4 min. off @ Zone 3,4  
4<sup>th</sup> Week – 4 x 4 min. on 4 min. off @ Zone 3,4

\*Remain in the saddle for the duration of the interval

\*Complete these on a trainer, or a road where the duration will be uninterrupted



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## **February (Base + Tempo + AT)**

- Max of 14hrs a week, at least 6hrs a week
- Rides up to 2.5hrs. a day
- \*You may ride 1 day a week for up to 3.5hrs if you choose
- Ride 4-5 days a week
- **Tempo** drills 1 day per wk – all in Zone 4
- **Lead-Out Intervals** 1 day per wk – complete the day after **Tempo** drills
- **Recovery Week on the 3<sup>rd</sup> week**

**Tempo Drill- February:** 1<sup>st</sup> Week – 3 x 4 min. on 3 min. off @ Zone 4  
2<sup>nd</sup> Week – 4 x 4 min. on 3 min. off @ Zone 4  
**3<sup>rd</sup> Week – Recovery Week**  
4<sup>th</sup> Week – 4 x 4 min. on 3 min. off @ Zone 4

\*Remain in the saddle for the duration of the interval

\*Complete these on a trainer, or a road where the duration will be uninterrupted

**Lead-out Intervals** – February:

1<sup>st</sup> Week – 6 x :10 on 1 min. off @ MAX

2<sup>nd</sup> Week – 7 x :10 on 1 min. off @ MAX

**3<sup>rd</sup> Week – Recovery Week**

4<sup>th</sup> Week – 2 sets of 5 x :10 on 1 min. off @ MAX (4 min. off b/w sets)

\*Remain in the saddle for the duration of the interval, using your hip strength to ramp up to MAX

\* **These are always completed on a trainer**



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## **March (Race Preparation)**

- Max of 15hrs a week, at least 6hrs a week
- Rides up to 2.5hrs. a day
- \*You may ride 1 day a week for up to 3.5hrs if you choose
- Ride 4-5 days a week
- **LT Intervals** 1 day per wk – all in Zone 5
- **Lead-out Intervals** 1 day per wk – at least 2 days off b/w LT Intervals
- **Recovery Week on the 4<sup>th</sup> week**

**LT Intervals- February:** 1<sup>st</sup> Week – 3 x 4 min. on 5 min. off @ Zone 5  
2<sup>nd</sup> Week – 5 x 3 min. on 4 min. off @ Zone 5  
3<sup>rd</sup> Week – 5 x 3 min. on 3 min. off @ Zone 5  
4<sup>th</sup> Week – **Recovery Week**

\*Remain in the saddle for the duration of the interval

\*Complete these on a trainer, or a road where the duration will be uninterrupted

### **Lead-out Intervals – February:**

1<sup>st</sup> Week – 2 sets of 5 x :10 on 1 min. off @ MAX (4 min. off b/w sets)  
2<sup>nd</sup> Week – 2 sets of 5 x :10 on 1 min. off @ MAX (3 min. off b/w sets)  
3<sup>rd</sup> Week – 7 x :15 on :70 off @ MAX  
4<sup>th</sup> Week – **Recovery Week**

\*Remain in the saddle for the duration of the interval, using your hip strength to ramp up to MAX

\* **These are always completed on a trainer**