



November:

- Keep HR in Zone 2;
- Max of 12hrs per week, at least 6hrs per week;
- Ride no more than 2hrs per day in duration;
- Ride 4-5 days per week; and
- **Efficiency Drills** 2 days per week with at least 2 days off between each.

Efficiency Drill - November: 5 x (30 seconds on 4 minutes off)

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 Zone 2 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 1 hour of riding assigned.
- ❖ For Trainer rides and Spinning, only complete 75% of the assigned duration.



December:

- Keep HR in Zone 2;
- Max of 15hrs per week, at least 6hrs per week;
- Ride no more than 2hrs per day in duration;
- May ride 1 day a week for up to 3hrs if you choose;
- Ride 4-5 days a week; and
- **Efficiency Drills** 1-2 days per week with at least 2 days off between each.
- **Strength Drills** 2 days per week with 2 days off between each.

Efficiency Drill - December: **4 x (1 minute on 5 minutes off)**

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.

Strength Drill – December: **1st Week 4 x (2 minutes on @ 60rpm 5 minutes off)** **2nd Week 5 x (2 minutes on @ 60rpm 5 minutes off)** **3rd Week 4 x (3 minutes on @ 60rpm 5 minutes off)** **4th Week 5 x (3 minutes on @ 60rpm 5 minutes off)**

- ❖ 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.

Notes -

- ❖ Your heart rate may exceed Zone 2 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 1 hour of riding assigned.
- ❖ For Trainer rides and Spinning, only complete 75% of the assigned duration.



January:

- Keep HR in Zone 2;
- Max of 15hrs per week, at least 6hrs per week;
- Ride up to 2.5hrs per day in duration;
- May ride 1 day a week for up to 4hrs if you choose;
- Ride 4-5 days a week; and
- **Efficiency Drills** 1 day per week with at least 2 days off between each.
- **Strength Drills** 2 days per week with 2 days off between each.
DO NOT complete a "Strength" workout within 2 days of Training Camp.

Efficiency Drill - January: **5 x (1 minute on 4 minutes off)**

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.

Strength Drill – January: **1st Week – 5 x (3 minutes on @ 60rpm 5 minutes off)**
2nd Week – 4 x (4 minutes on @ 60rpm 5 minutes off)
3rd Week – 4 x (4 minutes on @ 60rpm 5 minutes off)
4th Week – 6 x (3 minutes on @ 60rpm 5 minutes off)

- ❖ Complete these in your BIG ring;
- ❖ Remain in the saddle for the duration of the interval, **stand last 20 seconds of each; and**
- ❖ Complete these on a trainer, or a road where the duration will be uninterrupted.

Notes -

- ❖ ***DO NOT** complete a "Strength Drill" within 2 days of the Training Camp.
- ❖ Your heart rate may exceed Zone 2 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 1 hour of riding assigned.
- ❖ For Trainer rides and Spinning, only complete 75% of the assigned duration.



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February:

- This is a Zone 4 Training Period;
- Max of 15hrs per week, at least 6hrs per week;
- Ride up to 3hrs per day in duration;
- May ride 1 day a week for up to 4hrs if you choose;
- Ride 4-5 days a week; and
- **Tempo Drills** 2 day per week with at least 2 days off between each.

Tempo Drill – February: 1st Week – 2 x (5 minutes on @ 90+rpm 6 minutes off)
2nd Week – 2 x (6 minutes on @ 90+rpm 6 minutes off)
3rd Week – 2 x (7 minutes on @ 90+rpm 6 minutes off)
4th Week – 2 x (8 minutes on @ 90+rpm 6 minutes off)

- ❖ These intervals should be completed in Zone 4;
- ❖ Keep cadence at 90+ for the duration of the interval;
- ❖ 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.



March:

- This is a Zone 4 and Zone 5 Training Period;
- Max of 15hrs per week, at least 6hrs per week;
- Ride up to 3hrs per day in duration;
- May ride 1 day a week for up to 4hrs if you choose;
- Ride 4-6 days a week; and
- **Tempo Drills** 2 day per week with at least 2 days off between each.
- **Lead Out Drills** 2 day per week with at least 3 days off between each.

Tempo Drill – March: **1st Week – 2 x (9 minutes on @ 90+rpm 7 minutes off)**
2nd Week – Off Week
3rd Week – 2 x (9 minutes on @ 90+rpm 6 minutes off)
4th Week – 2 x (10 minutes on @ 90+rpm 7 minutes off)

- ❖ These intervals should be completed in Zone 4;
- ❖ Keep cadence at 90+ for the duration of the interval;
- ❖ 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.

Lead Out Drill – March: **1st Week – 6 x (15 seconds on 90 seconds off)**
2nd Week – 7 x (15 seconds on 80 seconds off)
3rd Week – 2 Sets of 5 x (15 seconds on 90 seconds off)
4th Week – 2 Sets of 6 x (15 seconds on 90 seconds off)
Note: 7 minutes off between sets in weeks 3 and 4

- ❖ These intervals should be completed in Zone 5;
- ❖ Start at 60rpms and quickly spin up to 110+rpms and hold for duration of the interval;
- ❖ Complete these in your BIG ring;
- ❖ Remain in the saddle for the duration of the interval;
- ❖ You should feel nearly exhausted after just a few of these intervals if done correctly;
- ❖ HYDRATE, HYDRATE, HYDRATE during this interval training; and
- ❖ Complete these on a trainer, or a road where the duration will be uninterrupted.



April:

- Max of 15hrs per week, at least 6hrs per week;
- Ride up to 3hrs per day in duration;
- Ride 4-6 days a week;
- Treat the Morning Group Ride as a race; and
- **Race Drills** with one active recovery day (Zone 1or2) between each.

Race Drill – April:

1st Week – 5 x (1 minute on @ 90+rpm 3 minutes off)
3 x (2 minutes on @ 90+rpm 4 minutes off) or Group Ride

2nd Week – 5 x (1 minute on @ 90+rpm 2 minutes off)
4 x (2 minutes on @ 90+rpm 4 minutes off) or Group Ride

3rd Week – 4 x (1 minute on @ 90+rpm 2 minutes off) then 4 min Zone 4/5
4 x (2 minutes on @ 90+rpm 3 minutes off) or Group Ride

4th Week – 3 x (1 minute on @ 90+rpm 1 minutes off) then 4 min Zone 4/5
3 x (3 minutes on @ 90+rpm 3 minutes off) or Group Ride

- ❖ These intervals should be completed in Zone 5;
- ❖ Keep cadence at 90+ for the duration of the interval;
- ❖ 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.

For those racing, the following should be followed in the week leading up to the event . . .

Monday Easy/Off

Tuesday Workout per Above

Wednesday Take Off

Thursday Take Off

Friday Complete 4 x (2 minutes on @ 90+rpm 3 minutes off) Zone 4
Ride One Hour or Less in Duration

