

A man with extensive tattoos is riding a red road bike on a black indoor trainer. He is wearing a white cycling jersey with orange and blue accents, white shorts, and white socks. The jersey has 'JAKROD' on the sleeve and 'RCA' on the chest. The shorts have 'ASSIDMA' on the side. The socks have 'TRAINING PEAKS' on the side. The bike has 'PIRELLI' on the front tire. The background is a plain white wall.

RCA
road cycling academy



BASE FITNESS PLAN INDOOR

(INTERMEDIATE 6-8HR/WK)

WELCOME TO YOUR 12 WEEK PROGRAM



Before starting this program, please make sure you have an accurate threshold set so the interval sessions are accurate to your current physiology.

For the FTP test we recommend two options. Please see [this supporting document](#).

Enjoy the program and we encourage you to comment on your workouts to give us updates.

TRAINING TIPS



1

CONSISTENCY AND QUALITY SHOULD BE YOUR FOCUS.

If you want to boost your threshold you need to look at the big picture. Improvements in threshold don't happen overnight. So you need to focus on being consistent with your training throughout the whole year and include strategic rest periods to combat fatigue and overtraining.

During your interval sessions, each session has a targeted goal. Straying from those targets too much – for example going too hard in your efforts – will impact those targeted benefits. So please don't over index on the suggested target power ranges, keeping the focus on quality and good form for each session. If you can maintain control and quality, your consistency will improve and this is where the big improvements are made!!

2

RECOVERY. YOU SHOULD BE THINKING ABOUT HOW YOU ARE RECOVERING BETWEEN YOUR SESSIONS.

- Make sure you are eating enough carbohydrates on the bike to fuel for the type of session you are doing. The RCA's resident Sports Dietitian (Steph Cronin) suggests aiming for roughly 60-90g of carbs per hour, for intense sessions. Eating a high carb meal prior is also recommended, assuming you have the gut tolerance. Make sure you are getting enough protein after your training session and throughout the rest of the day to repair those muscles
- Don't ignore the cool down as this is intended to clear by-products from intense sessions and speed up recovery.
- Massage has proven to be a really effective recovery strategy so if you're feeling tight and sore on the bike- think about incorporating a regular massage into your routine or utilise self massage techniques such as foam roller, massage gun or compression boots.
- What are you doing on your days off? You should be recovering and adapting and not finding other things to do to fill that time. Think about ways you can switch off and recover to give your body a chance to perform well the following day.

3

OPTIMISE CADENCE FOR NEUROMUSCULAR TRAINING EFFICIENCY.

Throughout the program there will be some cadence suggestions for specific workouts where the aim is to get a neuromuscular response from that session. Other sessions won't have any cadence targets- for these sessions, ride at a cadence that is comfortable for you! General recommendations for cadence is **85-100 rpm** when riding consistently to ensure good economy on the pedals.

- Road Cycling Academy Coaching Team

WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Benchmark Test 1- Find a segment on zwift that you want to substitute for outside. I.E Volcano KOM or Epic KOM. 2- You can choose a certain time frame. I.e. 5min and just go as hard as you can for that period of time. You're going to rip it as hard as you can go. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 5h15m	0	1h10m	0-45m	1h10m	0-45 min	1h25m	1h30m
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		5min Warm Up Z1 1h15m @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 Activations 3x1min @ 100-120% 1min @ Z1 Test segment @ Max effort Make up to 1h25m @ 60-70% 5min Cool Down Z1

WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	4x5 Strength Efforts Zone 3 These sessions are to build muscular strength on the bike by increasing the amount of time your muscles are contracting each pedal stroke with a lower cadence (increased torque). Pedal at a high cadence (85-95rpm) to flush your legs out during the recovery periods.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 40-60g of carbs per hour.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. The aim of this ride is to improve your efficiency at a low aerobic power, build mitochondria and increase your ability to utilize fat as a fuel source Avoid going above zone 2 at all times.
Duration 6h55m	0	1h10m	1h02m	1h10m	0-45 min	2h	1h10m
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 4x 5min @85-90% 55-65rpm 3min recovery @45-55% 10min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h @65-75%	5min Warm Up Z1-2 1h @65-70% 5min Cool Down Z1

WEEK 3



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 @ 65-70% Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. The aim of this ride is to improve your efficiency at a low aerobic power, build mitochondria	Zone 2 with Cadence Variation Base training session aiming for zone 2 power range but adding in some cadence variations and power changes to keep things engaging and neurally challenging as well.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. The aim of this ride is to improve your efficiency at a low aerobic power, build mitochondria and increase your ability to utilize fat as a fuel source Avoid going above zone 2 at all times Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 8h49m	0	1h10m	1h10m	1h10m	0-45 min	2h	2h
Workout Breakdown		5min Warm Up Z1-2 1h @65-70% 5min Cool Down Z1	5min Warm Up Z1 6x 5min @ 65% 95-100rpm 5min @ 70% 70-80rpm 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h @65-75%	5min Warm Up Z1-2 1h15min @65-70% 5min Cool Down Z1

WEEK 4



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	5x5 Strength Efforts Zone 3 These sessions are to build muscular strength on the bike by increasing the amount of time your muscles are contracting each pedal stroke with a lower cadence (increased torque). Pedal at a high cadence (85-95rpm) to flush your legs out during the recovery periods.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	45min Zone 1 Recovery Ride Can be done on road or the indoor trainer, 80-100 cadence, for 45 mins in your mid to top end Zone 1. Spend a solid 15 mins stretching after this workout. You can utilize Wahoo SYSTM for yoga or stretching workouts here if you would like.
Duration 7h	0	1h25m	1h40m	1h10m	0-45 min	2h	45m
Workout Breakdown		5min Warm Up Z1 1h15m @ 65-70% 5min Cool Down Z1	20min Warm Z1-2 3x 15min @ 85-90% 5min @ 50-55% 20min Cool Down Z1	5min Warm Up Z1 1h @ 60-65% 5min Cool Down Z1		2h @65-75%	45min @ 45-55%

WEEK 5



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Cardio Drift Test You need a power meter and HR for this test. Ride for one hour at ~70% of your threshold. Minimize irregular caffeine consumption. Ensure that you maintain the same cadence throughout (whatever is most comfortable for you) the test so we can directly measure what your heart rate is doing without influence from changing cadence. Note environmental conditions for the test. Measure your drift/ change in HR from minute 20 to minute 65. <5bpm = good 5-10 bpm = moderate >10bpm = needs work	Short Tempo Intervals This is a session targeting your aerobic energy systems, with some intervals at 'tempo' or Zone 3. These shouldn't feel hard, you'll want to go harder - don't!.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. The aim of this ride is to improve your efficiency at a low aerobic power, build mitochondria and increase your ability to utilize fat as a fuel source Avoid going above zone 2 at all times. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 7h15m	0	1h10m	1h	1h10m	0-45 min	2h30m	1h25m
Workout Breakdown		Warm Up 5min Z1 60min @70% Consistent cadence Cool Down 5min Z1	Warm Up 20min Z1-2 7x3min @80-90% 2min recovery @45-55% Cool Down 5min Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h30m @65-75%	5min Warm Up Z1-2 1h15min @65-70% 5min Cool Down Z1

WEEK 6



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Tempo Repeats Aim here is to target time in zone 3 and increase your muscular endurance. These shouldn't be too hard but should start to hurt towards the end of the last efforts. Change position from hoods to drops throughout these efforts to engage different muscle groups.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. The aim of this ride is to improve your efficiency at a low aerobic power, build mitochondria and increase your ability to utilize fat as a fuel source Avoid going above zone 2 at all times Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 7h58m	0	1h10m	1h8m	1h10m	0-45 min	2h30m	2h
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	15min Warm up Z1-2 3x 12min @ 85-90% 4min @ 50-55% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h30m @65-75%	5min Warm Up Z1-2 1h50min @65-70% 5min Cool Down Z1

WEEK 7



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Tempo Repeats Aim here is to target time in zone 3 and increase your muscular endurance. These shouldn't be too hard but should start to hurt towards the end of the last efforts. Change position from hoods to drops throughout these efforts to engage different muscle groups.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	45min Zone 1 Recovery Ride Can be done on road or the indoor trainer, 80-100 cadence, for 45 mins in your mid to top end Zone 1. Spend a solid 15 mins stretching after this workout. You can utilize Wahoo SYSTM for yoga or stretching workouts here if you would like.
Duration 6h25m	0	1h10m	1h20m	1h10m	0-45 min	2h	45m
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down	15min Warm Up Z1-2 3 x 15min @ 85-90% 5min @ 50-55% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h @65-75%	45min @ 45-55%

WEEK 8



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Zone 2 with Cadence Variation Base training session aiming for zone 2 power range but adding in some cadence variations and power changes to keep things engaging and neurally challenging as well.	2x 20' Tempo Aim here is to target time in zone 3 and increase your muscular endurance. These shouldn't be too hard but should start to hurt towards the end of the last efforts. Change position from hoods to drops throughout these efforts to engage different muscle groups.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 7h45m	0	1h10m	1h10m	1h10m	0-45 min	2h30m	1h45m
Workout Breakdown		5min Warm Up Z1 6x 5min @ 65% 90-100 rpm 5min @ 70% 70-80rpm 5min Cool Down Z1	15min Warm Z1-2 2x 20min @ 85-90% 5min Recovery 50-55% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h30m @65-75%	5min Warm Up Z1 1h35m @ 65-70% 5min Cool Down Z1

WEEK 9



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	3x10 Strength Efforts Zone 3 These sessions are to build muscular strength on the bike by increasing the amount of time your muscles are contracting each pedal stroke with a lower cadence (increased torque). Pedal at a high cadence (85-95rpm) to flush your legs out during the recovery periods.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	2x 20' Tempo Aim here is to target time in zone 3 and increase your muscular endurance. These shouldn't be too hard but should start to hurt towards the end of the last efforts. Change position from hoods to drops throughout these efforts to engage different muscle groups.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 7h37m	0	1h	1h10m	1h10m	0-45 min	2h30m	1h45m
Workout Breakdown		10min Warm Up Z1-2 3x 10min @85-90% 55-65rpm 5min recovery @45-55% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	15min Warm Up Z1-2 2x 20min @ 85-90% 5min Recovery 50-55% 5min Cool Down Z1		2h30m @65-75%	5min Warm Up Z1 1h35m @ 65-70% 5min Cool Down Z1

WEEK 10



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Long Tempo Alternating-Moderate Aerobic This session includes a longer aerobic effort with a mix in zone 3 and high zone 2. You shouldn't feel completely exhausted at the end of the session. The aim is to challenge your aerobic system so if you are completing this outside, please make sure you remain within the power targets.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour	45min Zone 1 Recovery Ride Can be done on road or the indoor trainer, 80-100 cadence, for 45 mins in your mid to top end Zone 1. Spend a solid 15 mins stretching after this workout. You can utilize Wahoo SYSTM for yoga or stretching workouts here if you would like.
Duration 6h6m	0	1h10m	1h1m	1h10m	0-45 min	2h	45m
Workout Breakdown		5min warm Up Z1 1h @ 65-70% 5min Cool Down Z1	10min Warm up Z1-2 Activations 1min @ 95% 2min @ 50% 4x 6min @ 85% 4min @ 75% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h @65-75%	45min @ 45-55%

WEEK 11



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Tempo With Spikes Steady state efforts with spikes in power to challenge your steady state system.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Big Gear Sub-Threshold: 4x8 These sessions are to build muscular strength on the bike by increasing the amount of time your muscles are contracting each pedal stroke with a lower cadence (increased torque). Pedal at a high cadence (85-95rpm) to flush your legs out during the recovery periods.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	General Endurance The aim of this ride is to work on your aerobic endurance so please try to stay in zone 2 as much as possible and zone 3 when you're climbing if you're feeling good. 60g of carbs per hour.	Long Tempo 2x30 Aim here is to target time in zone 3 and increase your muscular endurance. These should be quite solid with the length of the efforts, so settle in and find a good rhythm in that tempo zone. Change position from hoods to drops throughout these efforts to engage different muscle groups. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.
Duration 8h46m	0	1h16m	1h25m	1h25m	0-45 min	3h	1h45m
Workout Breakdown		15min Warm Up Z1-2 2x 1min @ 95-100% 2min @ 45-55% 5x 6min @ 98-102% 3min @ 45-55% 10min Cool Down Z1	5min Warm Up Z1 1h15m @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 4x 10min @ 90-97% 5min @ 45-55% 5min Cool Down Z1		3h @65-75%	20min Warm Up Z1-2 2x 30min @ 80-85% 10min @ 50-60% 5min Cool Down Z1

WEEK 12



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout + Description	DAY OFF Take this day as a complete rest day. On this day you can enjoy some light yoga, stretching and or foam rolling to enhance your recovery ready for training again tomorrow.	Cardio Drift Test You need a power meter and HR for this test. Ride for one hour at ~70% of your threshold. Minimize irregular caffeine consumption. Ensure that you maintain the same cadence throughout (whatever is most comfortable for you) the test so we can directly measure what your heart rate is doing without influence from changing cadence. Note environmental conditions for the test. Measure your drift/ change in HR from minute 20 to minute 65. <5bpm = good 5-10 bpm = moderate >10bpm = needs work	5x6' Threshold Intervals This will force your body to work aerobically and build the metabolic machinery that results in a higher threshold, while also increasing your Time to Exhaustion (TTE) Focus on keeping a comfortable cadence.	45min Zone 1 Recovery Ride Can be done on road or the indoor trainer, 80-100 cadence, for 45 mins in your mid to top end Zone 1. Spend a solid 15 mins stretching after this workout. You can utilize Wahoo SYSTM for yoga or stretching workouts here if you would like. Optional Strength & Conditioning You can also complete the RCA strength modules here, just make sure you are following the training prescriptions and not over doing it.	Rest day OR Active Recovery > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	Base Fitness Z2 Riding on the trainer or outside in Zone 2 at a comfortable cadence. If you want to improve your efficiency in a more aerodynamic position, spend 1 minute every 4 minutes practicing an aero position.	Benchmark Test 1- Find a segment on zwift that you want to substitute for outside. I.E Volcano KOM or Epic KOM. 2- You can choose a certain time frame. I.e. 5min and just go as hard as you can for that period of time. You're going to rip it as hard as you can go.
Duration 5h56m	0	1h10m	1h6m	45m	0-45 min	1h25m	1h30m
Workout Breakdown		Warm Up 5min Z1 60min @70% Consistent cadence 5min Cool Down Z1	10min Warm Up Z1-2 5 x 6min @ 98-100% 3min @ 45-50% 10min Cool Down Z1	45min @ 45-55%		5min Warm Up Z1 1h15m @ 65-70% 5min Cool Down	20min Warm Up Z1-2 Activations 3x1min @ 100-120% 1min @ Z1 Test segment @ Max effort Make up to 1h25m @ 60-70% 5min Cool Down Z1

FAQ



What if I feel I've chosen the wrong plan?

- Don't worry, we can help you find the right plan for either the 4 or 12wk plan options. Email coaching@roadcyclingacademy.com and we will assist you to find a more appropriate option.

What if I miss a workout or multiple in a row?

- Just pick up where you left off. You have flexibility to move workouts around so if for example you miss Thursday and have time on Friday, you can complete the following day.
- Please keep in mind that we try to avoid doing back to back high intensity workouts. So, if you move a high intensity workout to a new day, be mindful of overloading with double intensity days. Combat this by adding in a zone 2 days in between those intensity sessions.

What do I do if I miss a full week?

- When you get back on the bike we recommend doing 1-2 days of easy riding in zone 2 to get the legs and heart going again. Try to avoid getting into high intensity in the first 1-2 days after missing 5-7 days as your legs won't respond as they should.
- You should go back to that week you missed and complete those workouts before moving onto the next week.

What if I have more time available for a given workout?

- If you have more time you can do some extra training, just keep the intensity low in zone 2. We do not recommend adding any extra intensity or intervals but if you are feeling good and have enough hydration and carbs on board you can add that extra time in. Just think about what you have the following day and will that extra time impact the quality the next day?

What if I have less time for an available workout?

- If you don't have the full duration, you can shorten the warm up and cool down periods. Minimum warm up/ cool down time would be 10 minutes total.
- Alternatively you could also drop one interval off and do 3x10' instead of 4x10' for example.

What if I'm finding the workout too hard?

- Do you have your threshold set correctly / have you done a threshold test in the last 2 months?
- If your threshold is accurate and recent, self adjust your power within the zone. For example, if the target power is 80-90%, drop to 80% to see how that feels. If you can't hit the minimum power target we recommend adding in a couple of easier days to freshen your legs up. If that doesn't work- reach out to us via email coaching@roadcyclingacademy.com

What if I'm finding the workout too easy?

- Do you have your threshold set correctly / have you done a threshold test in the last 2 months?
- If your threshold is accurate and recent, self adjust your power within the zone. For example, if the target power is 80-90%, increase to 90% to see how that feels. If you can go harder that is a good sign, trust yourself and push a bit harder if you can.
- If you're completing all the sessions at or above the maximum power target threshold percentage, you should think about doing another threshold test as your threshold has most likely increased.

A group of cyclists in red and blue RCA jerseys are riding on a road. The lead cyclist is wearing a white helmet and sunglasses, leaning forward on the handlebars. The background shows a road with a guardrail and dense green foliage. The scene is brightly lit, suggesting a sunny day.

RCA
road cycling academy