RCA
road cycling academy

BASE FITNESS PLAN OUTDOOR

(INTERMEDIATE 8-10HR/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.	**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. **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.	**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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate.	**Benchmark Test** Find your favorite 3-12 minute effort/ climb in your local area. We're going for a personal best today!You're going to rip it as hard as you can go. Be careful not to go too hard out of the blocks! Include priming efforts on the climb first. **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 8h	**0**	**1h10m**	**1h28m**	**1h10m**	**0-45 min**	**2h**	**2h**
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 3x 12min @ 80-90% 4min @ 50-55% 20min Cool Cown Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1		2h @ Z2+	20min Warm Up Z1-2 Activations 3x1min @ 100-120% 1min @ Z1 Test segment @ Max effort Make up to 2h @ 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.	**Strength Efforts** 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.	**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. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate.If there is no bunch today for some reason, focus on Zone 2 power.	**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 8h56m	**0**	**1h18m**	**1h10m**	**1h37m**	**0-45 min**	**2h**	**3h**
Workout Breakdown		20min Warm Up Z1-2 2x 1min @ 90-95% (70-80rpm) 2min @ 45-55% (80-90rpm) 4x 5min @85-90% (55-65rpm) 3min @45-55% (85-90rpm) 20min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 3x 15min @ 80-90% 4min @ 50-55% 20min Cool Down Z1		2h @ Z2+	5min Warm Up Z1 2h50min @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** 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.	**Strength Efforts** 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. **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.	**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.	**Rest day OR Active Recovery** > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**Base Fitness Z2 @60-65%** This is slightly easier than a typical zone 2 ride at 60-65% threshold. The aim here is to reduce the pressure on the legs and bring the heart rate into the desired zone to see what response your body has. Riding on the trainer or outside in Zone 2 at a comfortable cadence.
Duration 7h21m	**0**	**1h10m**	**1h26m**	**45m**	**0-45 min**	**2h**	**2h**
Workout Breakdown		5min Warm Up Z1-2 1h @65-70% 5min Cool Down Z1	20min warm up Z1-2 2x 1min @ 90-95% (70-80rpm) 2min @ 45-55% (80-90rpm) 5x 5min @85-90% (55-65rpm) 3min @45-55% (85-90rpm) 20min Cool Down Z1	45min @ 45-55%		2h @ Z2+	5min Warm Up Z1-2 1h50min @60-65% 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.	**Strength Efforts** 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. **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.	**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. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate.	**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.
Duration 9h20m	**0**	**1h34m**	**1h10m**	**1h28m**	**0-45 min**	**3h**	**2h**
Workout Breakdown		20min warm up Z1-2 2x 1min @ 90-95% (70-80rpm) 2min @ 45-55% (80-90rpm) 6x 5min @85-90% (55-65rpm) 3min @45-55% (85-90rpm) 20min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 3x 15min @ 80-90% 4min @ 50-55% 10min Cool Down Z1		3h @ Z2+	5min Warm Up Z1 1h50m @ 65-70% 5min Cool Down Z1

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.	**Strength Efforts** 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. **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.	**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. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**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 9h27m	**0**	**1h31m**	**1h10m**	**1h30m**	**0-45 min**	**3h**	**2h30m**
Workout Breakdown		20min warm up Z1-2 2x 1min @ 90-95% (70-80rpm) 2min @ 45-55% (80-90rpm) 3x 10min @85-90% (55-65rpm) 5min @45-55% (85-90rpm) 20min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm up Z1-2 2x 20min @ 80-90% 5min @ 50-55% 20min Cool Down Z1		3h @ Z2+	5min Warm Up Z1-2 2h20min @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.	**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! There's plenty of time in the future for hard training, this is about not digging a fatigue hole and getting some solid aerobic work in. **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.	**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.	**Rest day OR Active Recovery** > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**Base Fitness Z2 @60-65%** This is slightly easier than a typical zone 2 ride at 60-65% threshold. The aim here is to reduce the pressure on the legs and bring the heart rate into the desired zone to see what response your body has. Riding on the trainer or outside in Zone 2 at a comfortable cadence.
Duration 7h45m	**0**	**1h10m**	**1h32m**	**45m**	**0-45 min**	**2h**	**2h**
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm up Z1-2 2x 1min @ 95-100% 3min @ 50-60% 3x 1min @ 115-125% 12min @ 80-90% 5min @ 45-55% 10min Cool Down Z1	45min @ 45-55%		2h @ Z2+	5min Warm Up Z1-2 1h50min @60-65% 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.	**20sec Power Sprints** These sessions are designed to build your Neuromuscular System.There is no target power for these efforts, just go as hard as you can.It is important to focus on getting the maximum out of each sprint and focusing on good technique, maintaining upper body and core control throughout each sprint. Start the sprint in a big gear (around 53/15) so your cadence is low (45 ish rpm) **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.	**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. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**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.
Duration 10h09m	**0**	**1h24m**	**1h10m**	**1h40m**	**0-45 min**	**3h**	**3h**
Workout Breakdown		20min Warm Up Z1-2 2x 10sec @ 150-200% 2min @ 45-55% 6x 20sec @ Max 8min @ 50-60% 10 min Cool Down Z1	5min warm up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm up Z1-2 2x 25min @ 80-90% 5min @ 50-55% 20min Cool Down Z1		3h @ Z2+	5min Warm Up Z1 2h50m @ 65-70% 5min Cool Down Z1

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.	**20sec Power Sprints** These sessions are designed to build your Neuromuscular System.There is no target power for these efforts, just go as hard as you can.It is important to focus on getting the maximum out of each sprint and focusing on good technique, maintaining upper body and core control throughout each sprint. Start the sprint in a big gear (around 53/15) so your cadence is low (45 ish rpm) **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.	**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 with Short Recovery** This workout is a standard tempo workout but with shorter recovery to give you a chance to do more time in this zone with little micro rests. The purpose of these sessions is to build your aerobic engine by working in zone 3 with minimal physiological stress on your muscles and energy systems. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**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.
Duration 10h9m	**0**	**1h24m**	**1h10m**	**1h35m**	**0-45 min**	**3h**	**3h**
Workout Breakdown		20min Warm Up Z1-2 2x 10sec @ 150-200% 2min @ 45-55% 6x 20sec @ Max 8min @ 50-60% 10 min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	30min Warm Up Z1-2 5x 8min @ 85-90% 1min @ 45-55% 20min Cool down Z1		3h @ Z2+	5min Warm Up Z1 2h50m @ 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.	**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.	**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.	**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.	**Rest day OR Active Recovery** > Optional 30-45min active recovery spin in zone 1 today if you want to get the legs moving.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**Base Fitness Z2 @60-65%** This is slightly easier than a typical zone 2 ride at 60-65% threshold. The aim here is to reduce the pressure on the legs and bring the heart rate into the desired zone to see what response your body has. Riding on the trainer or outside in Zone 2 at a comfortable cadence.
Duration 7h04m	**0**	**1h10m**	**1h10m**	**45m**	**0-45 min**	**2h**	**2h**
Workout Breakdown		5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	45min @ 45-55%		2h @ Z2+	5min Warm Up Z1-2 1h50min @60-65% 5min Cool Down

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.	**Steady State** Steady state efforts focused on ability at constant pressure under threshold and building your muscular endurance. **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.	**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. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**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.
Duration 10h20m	**0**	**1h30m**	**1h10m**	**1h40m**	**0-45 min**	**3h**	**3h**
Workout Breakdown		20min Warm Up Z1-2 4x 10min @ 85-95% 5min recovery @ 45-55% 10min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm up Z1-2 2x 25min @ 80-90% 5min @ 50-55% 20min Cool Down Z1		2h @ Z2+	5min Warm Up Z1 2h50m @ 65-70% 5min Cool Down Z1

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.	**Sweet Spot Repeats** Efforts just below threshold. At this percentage of FTP, you are at a physiological point where the lactate clearance and utilization is at a steady state. This type of training will improve your ability to clear accumulated lactate when necessary and improve your muscular endurance.If you are aiming to improve your climbing, do these as repeats on a climb. **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.	**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.	**Threshold efforts** We are focusing on increasing the time at this stage, not the intensity. 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) which is a key determinant of endurance performance. Focus on keeping a comfortable cadence. **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.	**Bunch Ride** Don't worry too much about power for this ride, this is just about getting time on the bike and enjoying being out on the road socializing with friends! These rides can include some harder sections if that is what the bunch ride is but just focus on how you are feeling. This is a great way to get to know your body, rather than always looking at power and heart rate. If there is no bunch today for some reason, focus on Zone 2 power.	**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.
Duration 10h31m	**0**	**1h36m**	**1h10m**	**1h25m**	**0-45 min**	**3h**	**3h**
Workout Breakdown		20min Warm Up Z1-2 2x 1min @ 85-95% 3min @ 45-55% 4x 8min @ 92-97% 4min @ 45-55% 20min Cool Down Z1	5min Warm Up Z1 1h @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 5x 6min @ 98-102% 3min @ 45-55% 20min Cool Down Z1		3h @ Z2+	5min Warm Up Z1 2h50m @ 65-70% 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.	**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.	**Threshold Test (5'+20')** This is your typical 20min test with the all out 5min effort all out effort prior to your 20min FTP test. The reason you do the 5min all out effort is to remove the anaerobic contribution to your 'aerobic threshold'. You will have plenty of time to recover after the 5min effort before doing your 20min effort. We will take 95% of your average power across the 20minutes as your FTP. Do this test either on a hill, a flat consistent road with no interruptions or on a flat criterium track.	**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** Find your favorite 3-12 minute effort/climb in your local area. We're going for a personal best today!You're going to rip it as hard as you can go. Be careful not to go too hard out of the blocks! Include priming efforts on the climb first.
Duration 7h18m	**0**	**1h10m**	**45m**	**1h23m**	**0-45 min**	**2h**	**2h**
Workout Breakdown		Warm Up 5min @ 45-55% 60min @70% Consistent cadence Cool Down 5min Z1	45min @ 45-55%	20min Warm Up @ 55-65% Activations 2x 1min @ 100-110% 3min @ 50-60% 5min @ Max 10min @ 45-55% 20min @ Max 20min Cool Down Z1		5min Warm Up Z1 1h50m @ 65-70% 5min Cool Down Z1	20min Warm Up Z1-2 3x 1min @ 100-120% 1min @ Z1 Test segment @ Max effort Make up to 2h @ 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.

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