

## Training Plan for Experienced Riders 16 Weeks To Go

This plan is for the more experienced or seasoned rider who has now done a few Etapes and is looking to ramp up their training to improve their time.

With 16 weeks to go, the plan for the next 4 weeks is conditioning to allow the body to gradually adapt to the stresses of the blocks to follow. There are 16 weeks until the event so don't rush the plan as things will spice up when the time is correct. It's more important to maintain good health which will give consistent hours per week rather than sporadic sessions trying to catch up after a week of resting from overtraining fatigue.

As it is mid-winter, judgement on the outdoor sessions must be considered, if there's any ice risk then substitute the outdoor session for static indoor bike and do approximately 70% of the length of the intended ride.

The plan has 3 weeks at mid-intensity and mid-volume followed by an easy week to recover for the weeks that follow.

	<b>Distance Ride</b>	<b>Turbo Training</b>
Week 1	<p><b>Mid-volume / mid-intensity</b></p> <p><b>Saturday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs on rolling roads (RPE 4) with 5min (RPE 7) every 15mins</li> </ul> <p><b>Sunday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs steady on rolling roads (RPE 4)</li> </ul> <p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4) or 45min/1hr turbo</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4)with 3x10min (RPE 6) 5min rests or 45min/1hr turbo</li> </ul>	<p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 5min RPE 7</li> <li>• 3min RPE 2</li> <li>• Repeat 5min with 3min easy for total of 5 x 5min effort</li> <li>• 10min warm down RPE 3&gt;2</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 10min RPE 6</li> <li>• 3min RPE 2</li> <li>• Repeat 10min with 3min easy for a total of 3 efforts</li> <li>• 10min warm down RPE 3&gt;2</li> </ul>
Week 2	<p><b>Mid-volume / mid-intensity</b></p> <p><b>Saturday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs steady on rolling roads with 5min (RPE 7) every 15mins</li> </ul> <p><b>Sunday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs steady on rolling roads (RPE 4)</li> </ul> <p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4) or 45min turbo</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4)with 3x10min (RPE 6) 5min rests or 45min/1hr turbo</li> </ul>	<p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 5min RPE 7</li> <li>• 3min RPE 2</li> <li>• Repeat 5min with 3min easy for total of 5 x 5min effort</li> <li>• 10min warm down RPE 3&gt;2</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 3min RPE 8</li> <li>• 3min RPE 2</li> <li>• Repeat 3min with 3min easy for a total of 6 efforts</li> <li>• 10min warm down RPE 3&gt;2</li> </ul>
Week 3	<p><b>Mid-volume / mid-intensity</b></p>	<p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> </ul>

	Distance Ride	Turbo Training
	<p><b>Saturday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs steady on rolling roads with 5min (RPE 7) every 15mins</li> </ul> <p><b>Sunday:</b></p> <ul style="list-style-type: none"> <li>• 2hrs 30min steady on rolling roads (RPE 4)</li> </ul> <p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4) or 45min/1hr turbo</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4)with 3x10min (RPE 6) 5min rests or 45min/1hr turbo</li> </ul>	<ul style="list-style-type: none"> <li>• 5min RPE 7</li> <li>• 3min RPE 2</li> <li>• Repeat 5min with 3min easy for total of 5 x 5min effort</li> <li>• 10min warm down RPE 3&gt;2</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 10min RPE 6</li> <li>• 3min RPE 2</li> <li>• Repeat 10min with 3min easy for a total of 3 efforts</li> <li>• 10min warm down RPE 3&gt;2</li> </ul>
Week 4	<p><b>Easy week</b></p> <p><b>Weekend Ride:</b></p> <ul style="list-style-type: none"> <li>• One 2hr ride steady on rolling roads (RPE 4)</li> </ul> <p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4) with 3x5min (RPE 7) or 45min turbo</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 1hr steady (RPE 4) or 45min turbo</li> </ul>	<p><b>Easy week</b></p> <p><b>Tuesday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 5min RPE 7</li> <li>• 3min RPE 2</li> <li>• Repeat 5min with 5min easy for total of 3 x 5min effort</li> <li>• 10min warm down RPE 3&gt;2</li> </ul> <p><b>Thursday:</b></p> <ul style="list-style-type: none"> <li>• 10min warm up RPE 2&gt;5</li> <li>• 3min RPE 8</li> <li>• 3min RPE 2</li> <li>• Repeat 3min with 5min easy for a total of 4 efforts</li> <li>• 10min warm down RPE 3&gt;2</li> </ul>