

Experienced Rider Training Plan

4 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.

The last block of 4 weeks takes us to the start line. I like to do a volume week with 3 weeks remaining which is all based on hours riding the bike. The easy week still has some lively sessions in there to keep the legs active and the taper week involves easing off then waking the legs up again in the 3 day run in.

	Distance Ride	Turbo Training
Week 13	Easy Saturday: <ul style="list-style-type: none"> 2hrs 30min steady (RPE 4) with 3min higher tempo (RPE 6) every 15min Sunday: <ul style="list-style-type: none"> 2hrs steady (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr (RPE 5) or 1hr turbo Thursday: <ul style="list-style-type: none"> 1hr 15min (RPE 5) or 1hr turbo 	Intense Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 with 15 sec sprint at 3min 3min RPE 2 Repeat 5min with 15sec sprint, 3min easy for total of 6 x 5min effort 10min warm down RPE 3>2 Thursday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 3min RPE 8 3min RPE 2 2min RPE 9 3 min RPE 3 1 min RPE 10 5 min RPE 3 Repeat above block for another block (total of 6 efforts) 10min warm down RPE 3>2
Week 14	Volume-aim to attain 12hrs in the week with the intensity on the lower end, if possible try to do all of it on the road if time allows	
Week 15	Mid volume / mid intensity Saturday: <ul style="list-style-type: none"> 2hrs steady (RPE 4) with 3min higher tempo (RPE 6) every 15 min 	Mid volume / mid intensity Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5

	<p>Sunday:</p> <ul style="list-style-type: none"> • 3hrs steady (RPE 4) <p>Tuesday</p> <ul style="list-style-type: none"> • 1hr 30min road with 10sec sprints every 3mins x 10 or 1hr turbo <p>Thursday</p> <ul style="list-style-type: none"> • 1hr 15min road with 1min on/off x 10 or 1hr turbo 	<ul style="list-style-type: none"> • 5min RPE 7 with 10sec sprint at 4min • 3min RPE 2 • Repeat 5min with 3min easy for total of 4 x 5min effort then 5 min easy (total of efforts) • 10min warm down RPE 3>2 <p>Thursday:</p> <ul style="list-style-type: none"> • 10min warm up RPE 2>5 • 3min RPE 8 • 3min RPE 2 • 2min RPE 9 • 3 min RPE 3 • 1 min RPE 10 • 5 min RPE 3 • Repeat above block for another 2 blocks (total of 9 efforts) • 10min warm down RPE 3>2
Week 16	<p>Taper week</p> <p>Short 30min pedals early week then introduce some 1hr max rides from Thursday with 5 x 10-30sec sprints with 2min recoveries to waken the legs back up again.</p>	