

Training Plan for Experienced Riders 12 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.

January has been kind to us at weekends allowing some proper road hours in without the risk of ice.

We have another two weeks of conditioning before an easy week which allows us to prepare for a volume week to set good foundations for the weeks to follow. Try and include at least 2 of the midweek turbo sessions per fortnight to adapt to the intensity excluding the easy or volume weeks.

The volume week is simply attaining hours at low intensity to give a decent base for the intense weeks that follow.

Be careful not to do this with groups/riders that will put you in the red as the likelihood is you'll fail to get through the following weeks' intense sessions properly.

	Distance Ride	Turbo Training
Week 5	Mid-volume / mid-intensity Saturday: <ul style="list-style-type: none"> 2hrs steady (RPE 4) with 3min higher tempo (RPE 6) every 20min Sunday: <ul style="list-style-type: none"> 2hrs 45min steady (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr 15min (RPE 5) or 1hr turbo Thursday: <ul style="list-style-type: none"> 1hr 15min (RPE 5) or 1hr turbo 	Mid-volume / mid-intensity Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 3min RPE 2 Repeat 5min with 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 Repeat 3min with 3min easy for a total of 7 efforts 10min warm down RPE 3>2
Week 6	Mid-volume / mid-intensity Saturday: <ul style="list-style-type: none"> 2hrs 15min steady (RPE 4) with 3min higher tempo (RPE 6) every 20min Sunday: <ul style="list-style-type: none"> 2hrs 45min steady (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr 15min road (RPE 4) or 1hr turbo 	Mid-volume / mid-intensity Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 3min RPE 2 Repeat 5min with 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

	Thursday: <ul style="list-style-type: none"> 1hr 15min road (RPE 5) or 1 hr turbo 	<ul style="list-style-type: none"> 3min RPE 2 Repeat 3min with 3min easy for a total of 8 efforts 10min warm down RPE 3>2
Week 7	Easy Weekend ride: <ul style="list-style-type: none"> 2hrs steady on rolling roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo Thursday: <ul style="list-style-type: none"> 1hr steady (RPE 4) or 45min turbo 	Easy Tuesday: <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 3min RPE 2 Repeat 5min with 5min easy for total of 4 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 Repeat 3min with 3min easy for a total of 4 efforts 10min warm down RPE 3>2
Week 8	Volume <p>The goal for this week is to attain a weekly accumulation of 12-15 hours.</p> <p>This is all at RPE 3-4 with no efforts above that. It can be done on turbos/spin bikes or on the road.</p> <p>Do not do it at RPE 5 as next week is an intense week which you will not achieve the targets with fatigue.</p>	