

Experienced Rider Training Plan

8 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.

It would be fair to say February was challenging outdoors, hopefully you've come out at the halfway point healthy and ready to progress to the next stages. The volume week will have taken the edge of the sharpness but will have created a good base for the load in coming weeks.

The intense week turbo sessions will hurt so go into them mentally prepared for that and a good warm up is required to hit target efforts.

	Distance Ride	Turbo Training
Week 9	Intense 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">3hrs steady (RPE 4) Tuesday: <ul style="list-style-type: none">1hr 30min (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>55min RPE 7 with 15 sec sprint at 3min3min RPE 2Repeat 5min with 15sec sprint, 3min easy for total of 6 x 5min effort10min warm down RPE 3>2 Thursday: <ul style="list-style-type: none">10min warm up RPE 2>53min RPE 83min RPE 22min RPE 93 min RPE 31 min RPE 105 min RPE 3Repeat above block for another 2 blocks (total of 9 efforts)10min warm down RPE 3>2
Week 10	Easy Sunday: <ul style="list-style-type: none">2hrs steady on rolling roads (RPE 4) Tuesday: <ul style="list-style-type: none">1hr steady on road (RPE 4) or 45min turbo Thursday:	Easy Tuesday: <ul style="list-style-type: none">10min warm up RPE 2>55min RPE 73min RPE 2Repeat 5min with 5min easy for total of 4 x 5min effort10min warm down RPE 3>2 Thursday: <ul style="list-style-type: none">10min warm up RPE 2>5

	<ul style="list-style-type: none"> 1hr steady on road (RPE 4) or 45min turbo 	<ul style="list-style-type: none"> 3min RPE 8 3min RPE 2 Repeat 3min with 3min easy for a total of 4 efforts 10min warm down RPE 3>2
Week 11	<p>Mid volume / mid intensity</p> <p>Saturday:</p> <ul style="list-style-type: none"> 2hrs steady (RPE 4) with 3min higher tempo (RPE 6) every 15 min <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 (RPE5) or 1hr turbo <p>Thursday</p> <ul style="list-style-type: none"> 1hr 15min road (RPE5) or 1hr turbo 	<p>Mid volume / mid intensity</p> <p>Tuesday:</p> <ul style="list-style-type: none"> 10min warm up RPE 2>5 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 Repeat 3min with 3min easy for a total of 8 efforts 10min warm down RPE 3>2
Week 12	<p>High intensity / low volume</p> <p>Saturday:</p> <ul style="list-style-type: none"> 2hrs steady (RPE 4) with 3min higher tempo (RPE 6) every 20 min <p>Sunday:</p> <ul style="list-style-type: none"> 2hrs steady (RPE 4) with 10sec sprints every 20mins <p>Tuesday</p> <ul style="list-style-type: none"> 1hr 30min road (RPE5) or 1hr turbo <p>Thursday</p> <ul style="list-style-type: none"> 1hr 15min road (RPE5) or 1hr turbo 	<p>High intensity / low volume</p> <p>Tuesday:</p> <ul style="list-style-type: none"> 10min warm up RPE 2>5 5min RPE 7 with 15sec sprint at 3min 3min RPE 2 Repeat 5min with 15sec sprint, then 3min easy for total of 6 x 5min effort 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 3min RPE 3 1min RPE 10 Repeat the above block for another two blocks (9 efforts total) 10min warm down RPE 3>2