



**WHEN IT COUNTS** The more intense the effort, the more attention you should pay to your training plan.

recovery; 10-15 minutes each warm up and cool down.

**FRI:** Day off or 30-45 minutes power <200W. Core workout.

**SAT:** Warm up, then 2 sprints in 39x17, 4 in 53x17, 2 in

53x15. Then 60 minutes tempo (225-270W). Cool down.

**SUN:** 105 minutes tempo (225-270W), 15-20 minutes each

warm-up and cool-down.


## UNSTRUCTURED PLAN

500-550 TSS (TSS stands for training stress score, a metric used in CyclingPeaks software that accounts for riding time and power). Within that, get:

- **1 sprint workout:** 8 sprints with 2-3 minutes recovery between each, some seated, some out of the saddle.
- **60-75 minutes of threshold intervals.** Intervals need to be at least 15 minutes (can be broken up into micro-intervals with 1-minute recoveries) and can be as long as 30.
- **3 hours tempo riding**

These are really the same training, and in fact are actual plans written for two different clients. The latter plan gives the client much more flexibility in structuring his own week to accommodate work, weather, how he feels. ... The important thing is that the same work gets accomplished within each week.

Your weekly training structure should accommodate your work and personal commitments, the weather and daylight, the training environment available to you, as well as personal preferences and what has historically worked best for you. Finally, variety is the spice of life. This goes for training, too. Switching up your training will keep you interested, provide new challenges and, ultimately, make you a better racer.

**JOHN VERHEUL** ([www.jbvcoaching.com](http://www.jbvcoaching.com)) coaches cyclist of all ages and abilities, from Cat. V to national champions. 

**G-Suit optional (but recommended).**

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