

**Monday**

W UP 1 HR 90-135 10 min Z1 (RPE 2-3)
W UP 2 HR 120-150 3 min Z2 (RPE 4-6) Easiest Gear
Recover HR 90-110 3 min Z1 (RPE 2-3)
Aer Strg HR <80% 8 min Z3 (RPE 5-7) Big Gear, msclt tens
Rep X4 45 sec Z3 (RPE 5-7) SURGE! HR >80%! 15 Sec Z6 (RPE 8-9)
Recover 3 min Z1 (RPE 2-3) slow, easy spin
Rep X4 15 sec Z6 (RPE 8-9) GO HARD!
Recover 45 sec Z1 (RPE 2-3)
Recover 4 min Z1 (RPE 2-3)
Rep X4 30 sec Z6 (RPE 8-9) GO HARD!
Recover 1m30s Z1 (RPE 2-3)
Recover 3 min Z1 (RPE 2-3)
Rep X4 60 sec Z6 (RPE 8-9)
Recover 3 min Z1 (RPE 2-3)
Spin 5 min Z1 (RPE 2-3) sm gear/hi cadence
Recover 3 min Z1 (RPE 2-3)
Rep X4 6 min Z3 (RPE 5-7)
Recover 2 min Z1 (RPE 2-3)
Cool Down 4 min Z1 (RPE 2-3)

**Tuesday**

WARM UP 20 min Z1 (RPE 2-3)
Active 30-60 min Z1 (RPE 2-3) hi cad/lite msclt tension
Cool Down 10 min Z1 (RPE 2-3)

**Wednesday**

WARM UP HR 80 30 min Z1-Z3 RPE 2-3 to 4-6 Build: easy - mod hard
Rep 5x HR 150 10 min Z4 (RPE 7-8)
Recover 5 min Z1 (RPE 2-3)
Cool Down HR 80 15 min Z1 (RPE 2-3)

**Thursday**

WARM UP 20 min Z1 (RPE 2-3) Super Easy Effort
Active 30-60min Z1 (RPE2-3/4) hi cad/lite msclt tens
Cool Down 10 min Z1 (RPE 2-3)

**Saturday**

WARM UP 20 min Z1 (RPE 2-3) Super Easy Effort
Active 2hr30min Z2 (RPE 3-4)
Cool Down 10 min Z1 (RPE 2-3)

\*long fun ride, nothing above Z2 (RPE 3-4) other than for a few min at a time.

**Friday**

W UP 1 HR 90-135 10 min Z1 (RPE 2-3)
W UP 2 HR 120-150 3 min Z2 (RPE 4-6) Easiest Gear
Recover HR 90-110 3 min Z1 (RPE 2-3)
Aer Strg HR <80% 8 min Z3 (RPE 5-7) Big Gear, msclt tens
Rep X4 45 sec Z3 (RPE 5-7) SURGE! HR >80%! 15 Sec Z6 (RPE 8-9)
Recover 3 min Z1 (RPE 2-3) slow, easy spin
Rep X4 15 sec Z6 (RPE 8-9) GO HARD!
Recover 45 sec Z1 (RPE 2-3)
Recover 4 min Z1 (RPE 2-3)
Rep X4 30 sec Z6 (RPE 8-9) GO HARD!
Recover 1m30s Z1 (RPE 2-3)
Recover 3 min Z1 (RPE 2-3)
Rep X4 60 sec Z6 (RPE 8-9)
Recover 3 min Z1 (RPE 2-3)
Spin 5 min Z1 (RPE 2-3) sm gear/hi cadence
Recover 3 min Z1 (RPE 2-3)
Rep X4 6 min Z3 (RPE 5-7)
Recover 2 min Z1 (RPE 2-3)
Cool Down 4 min Z1 (RPE 2-3)