

Etape plan 2018

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Build Week 1 - Base preparation							
Session	Rest Day	FTP Test	Recovery	Turbo or Road interval set	Rest Day	Base endurance	Base
Session Plan	Recovery is as essential as training. Do not forget this.	The FTP test will evaluate your training zones for both heart rate and power if used. Warm Up 10 mins, then ride 3 x 20 second efforts on a light gear working at around 80% Max heart rate. Recover 1:40 seconds and 2:40 seconds after repetition number 3. You should then immediately ride 20 minutes as hard as you can but the emphasis should be placed on finishing stronger than than you started so increasing the intensity. Take your average heart rate and power if used only for the last 20 minutes and send it over for us to set your zones.	30 minutes to 1 hour gently pedalling on a light gear	10 minute warm up progressive 5 x 6 minutes zone 3 Recovery 2 minutes Cadence 90rpm 10 minutes warm down	Rest Day	2 Hours 15 minutes easy in zone 1 Build 15 minutes into zone 3 followed by 5 minutes blocks alternating zone 4 then zone 3 and so on for 30 minutes 15 minutes zone 2 15 minutes zone 1 warm down	3 Hour Base ride zone 2.
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This test really does set the plain regards to riding at the correct intensity and volume for your event so make sure you push it to the Max.	This session can be done as a commute ride or any other way just to actively recover from your test yesterday.	Today is a tempo endurance set that works your aerobic capacity. Zone 3 should feel controllable and at the top and should still not be producing lactic acid	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This session is a very controlled effort to help you develop your aerobic capacity. The changes in pace will not only give you a great cardiovascular workout but also tolerate lactic acid build upsomes away.	Base rides are the catalyst and building block for all of your training. One thing that is essential to training over 1 hour is the replacement of Carbohydrate to your energy system.
WEEK 2							
Build Week 2 - Preparation							
Session	Rest Day	Hill Reps	Recovery	Base	Rest Day	Base endurance	Base
Session Plan	Recovery is as essential as training. Do not forget this.	10 Minute Warm up 8 x 3 minutes on a climb in your local area with 5 minutes easy pedalling as recovery.	30 minutes to 1 hour gently pedalling on a light gear	10 minute warm up progressive 6 x 5 minutes zone 3 Recovery 2 minutes Cadence 90rpm 10 minutes warm down	Rest Day	20 Minute warm up 1 minute in zone 4 2 minute zone 1 3 minute zone 4 2 minute zone 1 5 minute zone 4 2 minute zone 1 7 minute zone 4 2 minute zone 1 9 minutes zone 4 20 minute warm down	3.30 Hour Base ridezone 2-3.
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Today's session is a hill specific set designed to help you prepare all of your muscle groups for the climbs. Keep your pace steady so you could hold a conversation. After 1 minute raise yourself out of the saddle for 30 seconds. Only do so if you are confident to do so. Then sit down for 1 minute and finish the last 30 seconds out of the saddle.	This session can be done as a commute ride or any other way just to actively recover from your test yesterday.	Slightly different duration to last week but the same intensity and volume. Focus on keeping a smooth pedalling action throughout	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Tough session today that in the shorter efforts require you to push very hard to elevate your heart rate. This inevitably will produce lactic acid fast but you can push through that feeling and that will help your mindset in future efforts in that you can flush this bi product.	The rides are starting to build in length so although still quite low it is set to focus on your nutrition plan and replacing 1 g of carbohydrate to every kg of body weight per hour if your body can withstand it. If you are experiencing stomach issues then aim for 6070g per hour.
WEEK 3							
Build Week 3 - Preparation							
Session	Rest Day	6 Minute Pyramid	Recovery	6 Minute reverse pyramid	Rest Day	Base endurance	Base
Session Plan	Recovery is as essential as training. Do not forget this.	10 min Warm up 1 minute zone 3 2 minute zone 3 2 minute recovery 3 minute zone 3 2 minute recovery 4 minute zone 3 2 minute recovery 5 minute zone 3 2 minute recovery 6 minute zone 3 2 minute recovery Then work down but into zone 4 so 34321 with 2 minute recovery	30 minutes to 1 hour gently pedalling on a light gear	10 min Warm up 6 minute zone 3 2 minute recovery 5 minute zone 3 2 minute recovery 4 minute zone 3 2 minute recovery 3 minute zone 3 2 minute zone 3 2 minute recovery 1 minute zone 3 2 minute recovery Then work down but into zone 4 so 23456 with 2 minute recovery	Rest Day	20 Minute warm up 9 minutes in zone 4 2 minute zone 1 7 minute zone 4 2 minute zone 1 5 minute zone 4 2 minute zone 1 3 minute zone 4 2 minute zone 1 1 minutes zone 4 20 minute warm down	4.00 Hour Base ride zone 2-3. (Hour 1 fasted)
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This session is a nice steady tempo build with the second half pushing into zone 4 which will be tough but should be manageable based on your 20 minute test	This session can be done as a commute ride or any other way just to actively recover from your test yesterday.	So today we do Tuesday's set in reverse which means starting on the longer set and finishing on the longer set so difficult so pacing is essential. Make sure you also practice your fluid intake in these longer sets	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Today's session is the same as last weeks but in reverse. You should still hit the longer sets hard from the start to get used to building and flushing the lactic acid.	So today we start to make the body think a little so no carbohydrate for breakfast this morning. The only thing for breakfast should be black tea or coffee so no milk or plain water. Ride the first hour fasted. Then you can start to take on carbs to allow the body to predominantly burn fat as a fuel rather than eat into your glycogen stores. It is very important not to prolong this effort too long or ride to hard as it can have an adverse effect on performance.
WEEK 4							
Recovery week							
Session	Rest Day	Active Recovery	Rest Day	Active Recovery	Rest Day	Base endurance	Recovery
Session Plan	Recovery is as essential as training. Do not forget this.	30 Minutes level 1 RPE Recovery ride.	Recovery is as essential as training. Do not forget this.	30 Minutes level 1 RPE Recovery ride.	Recovery is as essential as training. Do not forget this.	1.30 Easy ride RPE 2. This should feel very easy	1.30 Hours easy pedalling
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Very easy pedalling on a very light gear to loosen the legs for the weekend	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Very easy pedalling on a very light gear to loosen the legs for the weekend	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Today is a very nice ride in which you can pedal slowly, enjoy the scenery and treat yourself to a coffee on route.	Nice easy leg stretch to recuperate
WEEK 5							
Build Week - Phase 2							
Session	Rest Day	Hill Reps	Base	2 minutes STME	Rest Day	Base endurance	Base
Session Plan	Recovery is as essential as training. Do not forget this.	10 Minute Warm up 10 x 2 minute efforts zone 3-4 on a local climb with 4 minutes recovery 10 minutes warm down	1.30-2 hours zone 2-3	Warm up 10 Minutes 10 x 2 minutes with 1 minute recovery in upper zone 3 10 minutes warm down	Rest Day	2 Hours 15 minutes easy in level 1 building 15 minutes level 3 then ride as close to level 4 as possible for 1- 1.30 Hours, 30 minutes Warming down level 2 and level 1	4.30 Hour Base ride zone 2-4 on hilly terrain
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This is much a technique session as well as a cardiovascular one. Focus on pedalling in a complete circle not up and down and use both in and out of the saddle techniques to rest certain muscle groups. If the gradient kicks up change to a lighter gear and push out of the saddle but you should be in a slightly heavier gear than if you were seated	Nice steady base ride if possible if not 1 hour zone 3 on the turbo	Today we bring the recovery down but the intensity stays quite high. Remember good technique saves energy so focus and no lateral movement.	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Controlled but slightly higher in effort today but see how far you can get without running too low on energy.	Today we start to focus on volume and climbing so that we can start to produce lactic acid on the climbs and also push the muscles harder over slightly longer duration. Aim for a steady but light cadence on the climbs in preparation for your event. On the climbs push into zone 4 slightly.
WEEK 6							
Endurance							
Session	Rest Day	Base	Base	Tempo	Active recovery	Base endurance	Base
Session Plan	Recovery is as essential as training. Do not forget this.	1 Hour Zone 3 pedalling at 90 Revolutions per minute	1.30-2 hours zone 2-3	15min Warm Up on a light gear. 20 minutes in zone 3 using a gear to allow you to pedal at 90 revs per minute. 15 minute Warm Down.	30 Minutes level 1 Recovery ride.	2 Hours on a relatively hilly route	4.30 Hour Base ride zone 2-4
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This session can be done on the road or on a turbo trainer. If done at home then be sure to use an Electro tab in your water bottle as fluid loss can play a major part in sporting performance	Nice steady base ride if possible if not 1 hour zone 3 on the turbo	This is the first session that simulates your training test. It is here where you will start to make significant fitness gains. Stay focussed on your pedalling action and do not rock your body from side to side.	Very easy pedalling on a very light gear to loosen the legs	In this session you will use the hills to elevate your heart rate. Ride in Zone 2 for this ride and keep a note on your natural cadence. On reaching the climbs concentrate on keeping your cadence the same as your natural cadence. This will generally mean changing down a few sprockets depending on the gradient. Keep your breathing under control and do not force the pace. Your heart rate will climb by itself without you having to try and do this. Note your power in this session if using it for future reference for the event.	This ride should use the same route you used last week but in reverse. This will put a completely different dynamic to the session and will make you analyse how you are feeling so pay attention to your caloric intake and saving energy.
WEEK 7							
Tempo/ Lactate Tolerance							
Session	Rest Day	Hill Strength Session/ Turbo Set	Base	Tempo/Cadence	Active recovery	Tempo	Base

Session Plan	Recovery is as essential as training. Do not forget this.	Turbo set 10 minute Warm up 6 x 3 minute seated intervals with 3 minute recovery. Intervals should be done in Upper level 4 starting minute at 90rpm then 2nd 80rpm and finally 70rpm so increasing your gearing as you progress through the set. 10 minute Warm Down in level 1. This can also be done as a hill repetition session on the road where you ride up a climb and slowly use a bigger gear every minute staying in the saddle and repeating.	1.30-2 hours zone 2-3	15min Warm Up on a light gear. 25 minutes in zone 3 using a gear to allow you to pedal at 90-100 revs per minute. 15 minute Warm Down.	30 Minutes level 1-2 Recovery ride.	1.30 Hours 15 minute Warm up 5 x 10 minute efforts inclusive of 1 minute in lower level 4, 1 minute upper level 4 etc for the 10 minute duration then 2 minute recovery between repetitions. 15 minute Warm Down.	5.00 Hour Base ride zone 2-4.
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This session will really help with strength endurance. As you progress through the set the legs will start to fatigue. It is essential to then really focus on your body position and lock your core stability muscles into a neutral state. Avoid rocking and stay as straight in the seat as possible	Nice steady base ride if possible. If not 1 hour zone 3 on the turbo	We have now moved the bar up slightly and you have another 5 minutes to do in the main set. Stay focused on your Goal and don't give up.	Very easy pedalling on a very light gear to loosen the legs	This session is a very controlled effort to help you develop your aerobic capacity. The changes in pace will not only give you a great cardiovascular workout but also teach your body to flush lactic acid build up in your muscles away.	3 hours is the kind of time when the fatigue really does start to hit you. It is essential you learn from that as you have 2 bag climbs at the finish of the event so try to hold your energy levels high as the last 40km is distinctly tough this year
WEEK 8							
Recovery							
Session	Rest Day	Active recovery	Rest Day	Active recovery	Active recovery	Base	Recovery
Session Plan	Recovery is as essential as training. Do not forget this.	30 Minutes level 1 Recovery ride.	Do not forget this.	30 Minutes level 1 Recovery ride.	Recovery is as essential as training. Do not forget this.	1.30 Hours level 2-3 very easy ride just to help recover and maximize strength gains of the last 3 weeks	1.30 Hours easy pedalling
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Very easy pedalling on a very light gear to loosen the legs	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Very easy pedalling on a very light gear to loosen the legs	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	Today is very easy to really help your recovery rate. To enhance your recovery make sure to still continue to use Viper Active and Recovermax.	Nice easy leg stretch to recuperate
WEEK 9							
Endurance- Phase 2							
Session	Rest Day	Pyramid Set	Base	High Cadence Intervals	Active recovery	Tempo/Lactate Threshold	Base
Session Plan	Recovery is as essential as training. Do not forget this.	W/U 10 Minutes level 1 building 1 Min in level 4 at 90rpm 2 Mins level 4 at 85 rpm 3 Mins level 4 at 80 rpm 5 mins easy level 1 3 Mins level 4 at 90 rpm 2 Min level 4 at 85 rpm 1 Min level 4 at 80rpm 10 Minute W/D. level 1 Note rest period between the reps is 2 minutes at level 1 except after the first 3 minute interval.	1.30-2 hours zone 2-3	W/U 10 Min. 2 Min on 2 min off, 3 Min on 3 off 4 on 4 off 5 on 5 off 6 on 6 off You should be spinning at 100rpm so fast but keeping at the right intensity for the effort zone 3 and recovery in level 2.	30 Minutes level 1 Recovery ride.	1.30 Hours in level 4-5. use a gear that allows you to spin at 90 revolutions per minute.	5.30 Hour Base ride zone 2-3
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This set is a great session to boost your strength as well as your speed endurance. The key thing is to stick to the Zones and cadence required.	Nice steady base ride if possible. If not 1 hour zone 3 on the turbo	This session is purely a high cadence workout. It should all be done in Zone 4 with the recovery in Zone 2. This will mean you actively recover but keep the tempo up working your aerobic system fully.	Very easy pedalling on a very light gear to loosen the legs	This session would be a great one to do with a group so to share the workload but still push into your Lactate threshold range. This means pushing into Zone 4. This is a little bit of the unknown at this time but work done in this Zone will help you make significant gains.	Steady base ride purely to start increasing the volume moving towards your race. These rides are important note only to condition the body but act as a trial for your nutrition on the day. It is time to start experimenting with different consistency in your drinks and trial using gels and bars throughout the ride.
WEEK 10							
Strength							
Session	Rest Day	Power Set/Lactate Tolerance	Base	Cadence Session	Active recovery	Tempo	Base
Session Plan	Recovery is as essential as training. Do not forget this.	10 minute Warm up 4 x 5 minute in zone 4 2 minute recovery on small Chaining Set should run like this: Minute 1 - 90rpm Minute 2 - 85rpm Minute 3 - 80rpm Minute 4 - 75rpm Minute 5 - 70 rpm 10 Minute Warm Down zone 1	1.30-2 hours zone 2-3	10 Minute Warm Up zone 2 10 x 2 Minute efforts in zone 3-4 pedalling at 95rpm- 2 Minutes recovery 10 Minute Warm Down zone 1	30 Minutes level 1 Recovery ride.	1.30 Inclusive of 45 Minutes in level 4. Keep the cadence above 85 rpm and maintain a smooth pedalling action.	6.00 Hour Base level 2-5
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	This set is a little like weight training on a bike as we really start to overload the stress on your muscles. Try not to slow the speed but be aware on holding your technique but also not to hit zone 5. If you do focus on the cadence and let the speed drop naturally to stay within zone 4	Nice steady base ride if possible if not 1 hour zone 3 on the turbo	The main focus on this set is Leg speed not Heart rate. This means that you can still get the same effects of the session by using a smaller gear than trying to use a bigger one and pushing harder.	Very easy pedalling on a very light gear to loosen the legs	Today we need to be focused and keep that gear turning nicely without getting too excited. Your form will be building and the tendency is to push hard but we need to keep the enthusiasm for race day. Key words are Focus and Discipline.	Big ride today so plan and focus. Make this ride as event specific as possible so hilly and hard but also measurable as you want to finish positively. Pay attention to your nutrition and fluid intake and enjoy it.
WEEK 11							
Speed							
Session	Rest Day	Speed Session	Base	Speed session	Active recovery	High Tempo Intervals	Base
Session Plan	Recovery is as essential as training. Do not forget this.	10 Minute Warm up 10 x 30 secs as fast as you can go on a gear that allows you to spin at 110rpm, with 2.30 in zone 1. 5 minutes easy and repeat. Warm Down 10 Minutes	1.30-2 hours zone 2-3	10 Minute Warm Up 10 x 15 seconds hard zone 5+ 1.45 recovery in zone 1. 5 Minutes easy zone 1 and repeat. Warm Down 10 Minutes	30 Minutes level 1 Recovery ride.	20 Minutes warm up 6 x 2 minutes in zone 4 at a cadence of 100rpm 2 minutes recovery for 5 reps and 4 minutes after rep 6 Repeat set 20 minute warm down	2.30 Hour Base level 2-3
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	The emphasis on this session is purely about leg speed. Push each repetition as hard as possible for maximum gains but make sure you are fully recovered before you go again. If you have not fully recovered in the designated time frame then take a longer rest as the session is about high so nail them as hard as you can to maximal output.	Nice steady base ride if possible if not 1 hour zone 3 on the turbo	This is a similar session as Tuesday but the efforts are shorter and so is the recovery. This will make this into a speed endurance set which will push you hard if you keep the quality high. That means the hardest 15 seconds you can possibly do and then recover at snail's pace. Good Luck.	Very easy pedalling on a very light gear to loosen the legs	This will really work your muscles if done correctly. It is very important to try and keep your breathing under control as your cardiovascular system will be stretched and your muscles crying out for oxygen. Focus on deep slow breathes and stay in control.	This ride is purely for enjoyment. Go out with your friends and have some fun with the ride. The major objective is to enjoy riding your bike with no restrictions to what you do today.
WEEK 12							
Taper and Race Day							
Session	Rest Day	Speed Session	Active recovery	Speed session	Active recovery	Easy Pre race ride	Race Day
Session Plan	Recovery is as essential as training. Do not forget this.	10 Minute Warm up level 1 build 10 x 30 secs as fast as you can go on a gear that allows you to spin at 110rpm. Recovery 2.30 zone 1. Warm Down 10 Minutes level 1	30 Minutes Zone 1 Recovery ride.	10 Minute Warm Up 10 x 15 seconds hard with 1.45 recovery in Zone 1. Warm Down 10 Minutes zone 1.	30 Minutes level 1 Recovery ride.	1 hour in zone 2 with 4-6 accelerations in Zone 4 on a light gear.	Goal
Coaches Comments	Keep off your legs as much as possible today. It is however good practice to stretch and do some Core stability exercises.	You will notice a dramatic drop in volume this week but we need to keep the intensity of these sessions high so nail them as hard as you can and recover fully.	Very easy pedalling on a very light gear to loosen the legs	Well this is it the last session of your plan where you will push hard. It is really important to start to use visualisation now to rehearse how you will see the race and the picture you want to paint. It might be that you want to fly up the climbs or push hard on the flat. Either way make a picture as big and as colourful as you can and be part of it.	Very easy pedalling on a very light gear to loosen the legs. Today is key for getting your carbohydrate levels high. Make sure you have a high balance of carbs with fresh protein and vegetables. Start to avoid roughage at this time!	Today is to loosen the legs and stimulate your cardiovascular system. The main ingredient to this session is to stay fresh and make sure that you have everything ready for tomorrow. Have all of your bag packed and make sure your bike is clean and your gears and brakes work correctly. It is as important to make sure that you have all of your race day nutrition planned. Do not over eat tonight and go to bed early. The main thing today is to get as much quality rest as possible.	This is it, your 12 week plan has ended and you are ready to race. You maybe nervous but that is fine. Pre race nerves are very normal and the main thing is to keep them in positive light. Once the race starts the nerves will go and you can start to enjoy spending along with the bunch. Keep thinking the whole time of your own personal strategy and keep an eye on your feeding strategy for the race. Good Luck.

For a more personalised plan and data analysis please take a look at our website www.efficiency.co.uk and give us a call 08455677788