



12 Week FASTER Training Plan: Base Phase Weeks 1- 4



	Ride 1	Ride 2	Recovery	Ride 3	Recovery	Ride 4	Optional Ride/Workout
Week 1 Jan 5-11 10 hours 2x strength 2x core	Tempo Ride Total Time: 1.5 hours WU: 5 min. Zone 1 WO: 3 x 12 min tempo on rolling hills Z3 in a mod hard gear - RBI 5 min RPM: 70-90 CD: 5 min. Zone 1 Note: WO in Zone 3 at 75-80% of HRM. Higher resistance. Plus Core	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Speed Ride Total Time: 1 hour WU: 15+ min Zone 1/2 WO: 4x2-min power intervals high Z4; RBI 4-min Z2 RPM: 90-120 CD: 30 min Zone 2 Note: Each power interval is a max effort at high Z4 - recover well. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR; plus 2x15min TEMPO intervals with 10 min RBI RPM: 80-95 CD: 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 2 Jan 12-18 11 hours 2x strength 2x core	Tempo Total Time: 1-1.5 hours WU: 15+ min Zone 1/2 WO: 4 x 7 min Z3 pyramid - 3 min RBI RPM: 90-110 CD: 10 min Zone 2/1 Note: For each 7 min pyramid interval inc res/dec res every 60sec up the pyramid then reverse to come down.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Speed Ride Total Time: 1-1.5 hours WU: 15+ min Zone 1/2 WO: 2 sets of 3x3-min power intervals Z4 - RBI 3-min Z2; 6-min RBS RPM: 90-115 intervals CD: 10 min Zone 2/1 Note: Intense leg & lung burner. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR plus 3x10min Climb Repeats (CR) - RBI 10min RPM: 90-95 endur.; 70-85 CR CD: 10 min Zone 2/1 Note: CR intervals need to be a steady climb at 80% MHR and cadence 70-85.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 3 Jan 19-25 12 hours 2x strength 3x core	Muscular Endurance Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 2x15min increasing from low Z2 to high Z4 over interval time - RBI 5 min RPM: 85-100 CD: 5 min Zone 1 Note: Begin at low Z2 increase effort every 3 min to hold threshold effort for final 3-4 min.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Speed Ride Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: Z4 pyramid intervals - 1,2,3,4,5,4,3,2,1 min - RBI equals interval length RPM: 85-105 CD: 10 min Zone 2/1 Note: Attack short intervals but maintain low Z4 steady effort in longer intervals. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR plus 5 x 8min hill climbs - RBI 4min RPM: 75-95 CD: 10 min Zone 1/2 Note: Stay seated, keep RPM steady, work at a sustainable effort.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 4 Jan 26-Feb 1 5 hours 2x core	Recovery Week Core only	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Strength Ride Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 5x5 min Z3 uphill climbs - 2 min RBI RPM: 80-85 CD: 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80%; Use high RES for WO	REST or Cross-Train	Endurance Ride+ Total Time: 2-2.5 hours WU: 20 min Zone 1 WO: 30 min TT in Z4 plus Zone 2 ride @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: mostly flat to achieve Z4 effort for entire TT .	Recovery Week Core only

Legend: **WU** = warmup; **WO** = workout; **RPM** = cadence; **CD** = cooldown; **RBI** = rest between intervals; **RBS** - rest between sets; **RES** - resistance



12 Week FASTER Training Plan: Build Phase Weeks 5 - 8




	Ride 1	Ride 2	Recovery	Ride 3	Recovery	Ride 4	Optional Ride/Workout
Week 5 Feb 2-8 11 hours 1x strength 2x core	Strength Ride Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 4x10 min climb repeats - 5 min RBI RPM: 70-85 CD: 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80-85%; Use high RES for steady climb WO Plus Core	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs OR ride outside! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Muscular Endurance Ride Total Time: 1 - 1.5 hours WU: 10+ min Zone 1/2 WO: 10 x 15sec sprint/15 sec rest; plus Pyramid with RBI = Int: 4, 6, 8, 10, 8, 6, 4 minutes RPM: 80-110 during intervals CD: 15 min. Zone 1/2 Note: WO in Zone 4 during intervals - vary the resistance to simulate hills within ride. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR; plus 3x15min TEMPO intervals with 10 min RBI RPM: 80-95 CD: 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 6 Feb 9-15 11 hours 1x strength 2x core	Muscular Endurance & Speed Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 1 x 15min seated flat Z4; 1 x 15min seated climb Z4 - 5 min RBI (add 5-15sec Z5 surges in each interval) RPM: 90-105 flat/70-85 climbing CD: 10+ min Zone 1/2 Note: Both intervals at 100% LTHR with surges at high RPM. Plus Core	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs OR ride outside! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Speed Ride Total Time: 1-1.5 hours WU: 10+ min Zone 1/2 WO: 6x3-min power intervals high Z4; RBI 3-min Z2 RPM: 90-110 intervals CD: 30 min Zone 2 Note: Each power interval is a max effort - recover well. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 -3 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 75-80% MHR plus 5x8min Climb Repeats (CR) - 4min RBI; 12x15sec sprints RPM: 70-85 CR; 110+ sprints CD: 10+ min Zone 2/1 Note: Resist the temptation to ride hard . CR intervals need to be a steady climb at Z4 and cadence 70-85.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 7 Feb 16-22 11 hours 1x strength 2x core	Muscular Endurance Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 2x20min increasing from low Z2 to high Z4 over interval time - RBI 10 min RPM: 85-100 CD: 5 min Zone 1 Note: Begin at low Z2 increase effort every 5 min to hold threshold effort for final 5 min. Plus Core	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs OR ride outside! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Power + Speed Ride Total Time: 1-1.5 hours WU: 15+ min Zone 1/2 WO: 8x2-min power intervals Z5; RBI 4-min Z2 RPM: 90-110 intervals CD: 30 min Zone 2 Note: Each power interval is a max effort in Z5 at 95% of MHR - recover well. Plus Strength & Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR plus 5 x 6min over/under intervals - RBI 3min RPM: 75-95 CD: 10 min Zone 1/2 Note: Each under/over interval consists of 1min high Z3 and 1min Z4 repeated 3x. Stay seated, keep RPM steady.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 8 Feb 23-Mar 1 5 hours 2x core	Recovery Week Core only	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs OR ride outside! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Strength Ride Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 6x5 min Z3 uphill climbs - 2 min RBI RPM: 80-85 CD: 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80%; Use high RES for WO	REST or Cross-Train	Endurance Ride+ Total Time: 2-2.5 hours WU: 20 min Zone 1 WO: 30 min TT in Z4 plus Zone 2 ride @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: mostly flat to achieve Z4 effort for entire TT .	Recovery Week Core only

Legend: **WU** = warmup; **WO** = workout; **RPM** = cadence; **CD** = cooldown; **RBI** = rest between intervals; **RES** - resistance



12 Week FASTER Training Plan: Peak/Race Phase Weeks 9–12



	Ride 1	Ride 2	Recovery	Ride 3	Recovery	Ride 4	Optional Ride/Workout
Week 9 Mar 2-8 10 hours 1x Strength 2x core	Muscular Endurance Total Time: 1.5 hours WU: 15+ min Zone 1/2 WO: 3 sets of 4min Z3 + 3min Z4 + 1min Z5 hill sprint intervals - RBI 7min Z2 RPM: 90-110 intervals CD: 30 min Zone 2 Note: Each 1min power interval is a max effort in Z5 at 95% of MHR & at a high resistance to simulate a hill - recover well. Plus Core	Endurance Ride Total Time: 2 - 2.5 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, rollers, seated climb and standing climbs OR ride outside if possible! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST or Cross-Train	Anaerobic Endurance Total Time: 1 - 2 hours WU: 15+ min Zone 1/2 WO: 2 sets of 5 x 1min Z5/1min Z2 followed by 5min all-out at a power you can sustain for entire time. RPM: 85-110 intervals CD: 10 min Zone 2 Note: Each interval simulate 5 attacks (1min each) followed by a 5min breakaway. Plus Core	REST or Cross-Train	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR; plus 4x12min TEMPO intervals with 12min RBI RPM: 80-95 CD: 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear. Outside if possible.	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! And/Or Strength Workout
Week 10 Mar 9-15 9 hours 2x core	Muscular Endurance & Speed Total Time: 1 - 1.5 hours WU: 15+ min Zone 1/2 WO: 1 x 15min seated flat Z4; 1 x 15min seated climb Z4 - 5 min RBI (add 5-15sec Z5 surges in each interval) RPM: 90-105 flat/70-85 climbing CD: 10+ min Zone 1/2 Note: Both intervals at 100% LTHR with surges at high cadence Plus Core	CX Training - Skills Total Time: 1.5 hours WU: 15+ min Zone 1/2 WO: 45 minutes steady tempo (high Z3) on gravel or trails + skills practice RPM: 80-95 CD: 10+ min Z2/Z1 Note: If possible choose gravel or grass for skills effort - include 5 x 60sec hill or stairs run and 5 x dismount/remount with hurdle if possible.	REST	Anaerobic Endurance Total Time: 1 - 2 hours WU: 15+ min Zone 1/2 WO: 6x3-min power intervals Z5; RBI 6-min Z2 RPM: 90-110 intervals CD: 30 min Zone 2 Note: Each power interval is your max sustainable effort in Z5 at 95% of MHR - recover well. Plus Core	REST	Endurance Ride+ Total Time: 2-3 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 75-80% MHR plus 3 sets of 5 reps of HILL CRUISE intervals (see notes) - 10min RBS RPM: 75-100 CD: 20 min Zone 2/1 Note: Each HILL CRUISE is to be done on a moderate incline that lasts 30-60sec. Alternate between standing and seated intervals - coasting back to starting point for recovery.	Endurance Ride Total Time: 1 hour WU: 15+ min Zone 1/2 WO: Zone 2 @ 70% MHR RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!
Week 11 Mar 16-22 7 hours 2x core	High Intensity - LT Effort Total Time: 1-1.5 hours WU: 15+ min Zone 1/2 WO: 5 x 8 min low Z4 @ 90% MHR - RBI 4 min RPM: 80-100 CD: 10 min Z1 Note: You are preparing for the hard sustained effort required in a cross race but each effort should be just below race pace. Plus Core	Endurance Ride Total Time: 1.5 - 2 hours WU: 15+ min Zone 1/2 WO: Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs - ride outside! RPM: 90-95 CD: 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!	REST	CX Training - Skills Total Time: 1.5 hours WU: 15+ min Zone 1/2 WO: 45 minutes steady tempo (high Z3) on gravel or trails + skills practice RPM: 80-95 CD: 10+ min Z2/Z1 Note: If possible choose gravel or grass for skills effort - include 5 x 60sec hill or stairs run and 5 x dismount/remount with hurdles.	REST	Endurance Ride+ Total Time: 2 - 3 hours WU: 15+ min Zone 1/2 WO: Zone 2 @ 75% MHR plus 5 x 6min over/under intervals - RBI 3min RPM: 75-95 CD: 10 min Zone 1/2 Note: Each under/over interval consists of 1min high Z3 and 1min Z4 repeated 3x. Stay seated, keep RPM steady.	OFF
Week 12 Mar 23-29 5 hours 1x core	CX Training - Skills Total Time: 1.5 hours WU: 15+ min Zone 1/2 WO: 45 minutes steady tempo (high Z3) on gravel or trails + skills practice RPM: 80-95 CD: 10+ min Z2/Z1 Note: If possible choose gravel or grass for skills effort - include 4 x 60sec hill or stairs run and 4 x dismount/remount with hurdles	Sub-Threshold Effort Total Time: 1.5 hour WU: 15+ min Zone 1/2 WO: 2 x 20 min low Z3 - RBI 5 min RPM: 80-100 CD: 10 min Z1 Note: You are in a race week so make sure you put in a good effort but don't deplete your energy stores!	REST	Race Prep (day before race) 1-1.5 hrs Z1/2 plus 10 x 30sec surges (2min RBI) plus stretch	REST	 STEAMING NOSTRIL March 29, 2015	OFF

Legend: **WU** = warmup; **WO** = workout; **RPM** = cadence; **CD** = cooldown; **RBI** = rest between intervals; **RES** - resistance