



# 12 Week FITTER Training Schedule: Base Phase Weeks 1-4



	Ride 1	Recovery	Ride 2	Recovery	Ride 3	Recovery	Optional Workout
<b>Week 1</b> <b>Jan 5-11</b> 7 hours  1x strength 2x core	<b>Tempo Ride</b> Total Time: 1.5 hours <b>WU:</b> 5 min. Zone 1 <b>WO:</b> 3 x 8 min tempo on rolling hills Z3 in a mod hard gear - RBI 4 min <b>RPM:</b> 70-90 <b>CD:</b> 5 min. Zone 1 Note: WO in Zone 3 at 75-80% of HRM. Higher resistance.	REST or Cross-Train	<b>Speed Ride</b> Total Time: 1 hour <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 3x2-min power intervals high Z4; RBI 4-min Z2 <b>RPM:</b> 90-120 <b>CD:</b> 30 min Zone 2 Note: Each power interval is a max effort at high Z4 - recover well.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR; plus 2x10min TEMPO intervals with 10 min RBI <b>RPM:</b> 80-95 <b>CD:</b> 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 2</b> <b>Jan 12-18</b> 8 hours  1x strength 2x core	<b>Tempo</b> Total Time: 1-1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 3 x 7 min Z3 pyramid - 3 min RBI <b>RPM:</b> 90-110 <b>CD:</b> 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.  <b>Plus Core</b>	REST or Cross-Train	<b>Speed Ride</b> Total Time: 1-1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 2 sets of 3x3-min power intervals Z4 - RBI 3-min Z2; 6-min RBS <b>RPM:</b> 90-115 intervals <b>CD:</b> 10 min Zone 2/1 Note: Intense leg & lung burner.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR plus 3x8min Climb Repeats (CR) - RBI 8min <b>RPM:</b> 90-95 endur.; 70-85 CR <b>CD:</b> 10 min Zone 2/1 Note: CR intervals need to be a steady climb at 80% MHR and cadence 70-85.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 3</b> <b>Jan 19-25</b> 9 hours  1x strength 3x core	<b>Muscular Endurance</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 2x15min increasing from low Z2 to high Z4 over interval time - RBI 5 min <b>RPM:</b> 85-100 <b>CD:</b> 5 min Zone 1 Note: Begin at low Z2 increase effort every 3 min to hold threshold effort for final 3-4 min.  <b>Plus Core</b>	REST or Cross-Train	<b>Speed Ride</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Z4 pyramid intervals - 1,2,3,4,4,3,2,1 min - RBI equals interval length <b>RPM:</b> 85-105 <b>CD:</b> 10 min Zone 2/1 Note: Attack short intervals but maintain low Z4 steady effort in longer intervals.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR plus 4 x 8min hill climbs - RBI 4min <b>RPM:</b> 75-95 <b>CD:</b> 10 min Zone 1/2 <b>Note:</b> Stay seated, keep RPM steady, work at a sustainable effort.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 4</b> <b>Jan 26-Feb 1</b> 4 hours  2x core	<b>Recovery Week</b>  <b>Core only</b>	REST or Cross-Train	<b>Strength Ride</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 4x5 min Z3 uphill climbs - 2 min RBI <b>RPM:</b> 80-85 <b>CD:</b> 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80%; Use high RES for WO	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2-2.5 hours <b>WU:</b> 20 min Zone 1 <b>WO:</b> 30 min Time Trial in Z4 plus Zone 2 ride @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: mostly flat to achieve Z4 effort for entire TT.	REST or Cross-Train	<b>Recovery Week</b>  <b>Core only</b>

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



# 12 Week FITTER Training Schedule: Build Phase Weeks 5-8




	Ride 1	Recovery	Ride 2	Recovery	Ride 3	Recovery	Optional Ride/Workout
<b>Week 5</b> <b>Feb 2-8</b> 8 hours  1x strength 2x core	<b>Strength Ride</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 3x10 min climb repeats - 5 min RBI <b>RPM:</b> 70-85 <b>CD:</b> 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80-85%; Use high RES for steady climb WO  <b>Plus Core</b>	REST or Cross-Train	<b>Muscular Endurance Ride</b> Total Time: 1 - 1.5 hours <b>WU:</b> 10+ min Zone 1/2 <b>WO:</b> 8 x 15sec sprint/15 sec rest; plus Pyramid with <b>RBI</b> = Int: 4, 6, 8, 6, 4 minutes <b>RPM:</b> 80-110 during intervals <b>CD:</b> 15 min. Zone 1/2 Note: WO in Zone 4 during intervals - vary the resistance to simulate hills within ride.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR; plus 3x12min TEMPO intervals with 12 min RBI <b>RPM:</b> 80-95 <b>CD:</b> 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 6</b> <b>Feb 9-15</b> 8 hours  1x strength 2x core	<b>Muscular Endurance &amp; Speed</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 1 x 12min seated flat Z4; 1 x 12min seated climb Z4 - 6min RBI (add 4-15sec Z5 surges in each interval) <b>RPM:</b> 90-105 flat/70-85 climbing <b>CD:</b> 10+ min Zone 1/2 Note: Both intervals at 100% LTHR with surges at high cadence  <b>Plus Core</b>	REST or Cross-Train	<b>Speed Ride</b> Total Time: 1-1.5 hours <b>WU:</b> 10+ min Zone 1/2 <b>WO:</b> 5x3-min power intervals high Z4; RBI 3-min Z2 <b>RPM:</b> 90-110 intervals <b>CD:</b> 30 min Zone 2 Note: Each power interval is a max effort - recover well.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 -3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2/3 @ 75-80% MHR plus 4x8min Climb Repeats (CR) - 4min RBI; 12x15sec sprints <b>RPM:</b> 70-85 CR; 110+ sprints <b>CD:</b> 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.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 7</b> <b>Feb 16-22</b> 8 hours  1x strength 2x core	<b>Muscular Endurance</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 2x20min increasing from low Z2 to high Z4 over interval time - RBI 10 min <b>RPM:</b> 85-100 <b>CD:</b> 5 min Zone 1 Note: Begin at low Z2 increase effort every 5 min to hold threshold effort for final 5 min.	REST or Cross-Train	<b>Power + Speed Ride</b> Total Time: 1-1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 6x2-min power intervals Z5; RBI 4-min Z2 <b>RPM:</b> 90-110 intervals <b>CD:</b> 30 min Zone 2 Note: Each power interval is a max effort in Z5 at 95% of MHR - recover well.  <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR plus 3 x 6min over/under intervals - RBI 3min <b>RPM:</b> 75-95 <b>CD:</b> 10 min Zone 1/2 <b>Note:</b> Each under/over interval consists of 1min high Z3 and 1min Z4 repeated 3x. Stay seated, keep RPM steady.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 1.5 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!  <b>And/Or Strength Workout</b>
<b>Week 8</b> <b>Feb 23-Mar 1</b> 4 hours  2x core	<b>Recovery Week</b>  <b>Core only</b>	REST or Cross-Train	<b>Strength Ride</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 4x5 min Z3 uphill climbs - 2 min RBI <b>RPM:</b> 80-85 <b>CD:</b> 5 min Zone 1 Note: Alter seated & standing; MHR stays below 80%; Use high RES for WO	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2-2.5 hours <b>WU:</b> 20 min Zone 1 <b>WO:</b> 30 min Time Trial in Z4 plus Zone 2 ride @ 70% MHR <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: mostly flat to achieve Z4 effort for entire TT.	REST or Cross-Train	<b>Recovery Week</b>  <b>Core only</b>

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



# 12 Week FITTER Training Schedule: Peak/Race Phase Weeks 9-12



	Ride 1	Recovery	Ride 2	Recovery	Ride 3	Recovery	Optional Ride/Workout
<b>Week 9</b> <b>Mar 2-8</b> 8 hours  1x Strength 2x core	<b>Muscular Endurance</b> Total Time: 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 3 sets of 4min Z3 + 3min Z4 + 1min Z5 hill sprint intervals - RBI 7min Z2 <b>RPM:</b> 90-110 intervals <b>CD:</b> 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. <b>Plus Core</b>	REST or Cross-Train	<b>Anaerobic Endurance</b> Total Time: 1 - 2 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 2 sets of 4 x 1min Z5/1min Z2 followed by 4min all-out at a power you can sustain for entire time. <b>RPM:</b> 85-110 intervals <b>CD:</b> 10 min Zone 2 Note: Each interval simulate 5 attacks (1min each) followed by a 5min breakaway. <b>Plus Core</b>	REST or Cross-Train	<b>Endurance Ride+</b> Total Time: 2 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR; plus 4x10min TEMPO intervals with 10min RBI <b>RPM:</b> 80-95 <b>CD:</b> 10 min Zone 1 Note: Tempo int. 80% MHR in mod. hard gear. Outside if possible.	REST or Cross-Train	<b>Endurance Ride</b> Total Time: 2 - 2.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, rollers, seated climb and standing climbs <b>OR</b> ride outside if possible! <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN! <b>Plus Strength Workout</b>
<b>Week 10</b> <b>Mar 9-15</b> 7 hours  2x core	<b>Muscular Endurance &amp; Speed</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 1 x 12min seated flat Z4; 1 x 12min seated climb Z4 - 5 min RBI (add 4-15sec Z5 surges in each interval) <b>RPM:</b> 90-105 flat/70-85 climbing <b>CD:</b> 10+ min Zone 1/2 Note: Both intervals at 100% LTHR with surges at high cadence <b>Plus Core</b>	REST	<b>Anaerobic Endurance</b> Total Time: 1 - 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 5x3-min power intervals Z5; RBI 6-min Z2 <b>RPM:</b> 90-110 intervals <b>CD:</b> 30 min Zone 2 Note: Each power interval is your max sustainable effort in Z5 at 95% of MHR - recover well. <b>Plus Core</b>	REST	<b>Endurance Ride+</b> Total Time: 2-3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2/3 @ 75-80% MHR plus 2 sets of 5 reps of HILL CRUISE intervals (see notes) - 10min RBS <b>RPM:</b> 75-100 <b>CD:</b> 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 - coast back to starting point for recovery.	REST	<b>CX Training - Skills</b> Total Time: 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 30 minutes steady tempo (high Z3) on gravel or trails + skills practice <b>RPM:</b> 80-95 <b>CD:</b> 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.
<b>Week 11</b> <b>Mar 16-22</b> 6 hours  2x core	<b>High Intensity - LT Effort</b> Total Time: 1 hour <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 4 x 8 min low Z4 @ 90% MHR - RBI 4 min <b>RPM:</b> 80-100 <b>CD:</b> 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. <b>Plus Core</b>	REST	<b>CX Training - Skills</b> Total Time: 1-1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 40 minutes steady tempo (high Z3) on gravel or trails + skills practice <b>RPM:</b> 80-95 <b>CD:</b> 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.	REST	<b>Endurance Ride+</b> Total Time: 1.5 - 3 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2 @ 75% MHR plus 4 x 6min over/under intervals - RBI 3min <b>RPM:</b> 75-95 <b>CD:</b> 10 min Zone 1/2 <b>Note:</b> Each under/over interval consists of 1min high Z3 and 1min Z4 repeated 3x. Stay seated, keep RPM steady.	REST	<b>Endurance Ride</b> Total Time: 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> Zone 2/3 @ 70-80% MHR varying resistance to simulate flat, roller, seated climb and standing climbs - ride outside! <b>RPM:</b> 90-95 <b>CD:</b> 20 min Zone 1 Note: focus on smooth pedal circles; resist the temptation to ride hard. Have FUN!
<b>Week 12</b> <b>Mar 23-29</b> 4 hours  1x core	<b>CX Training - Skills</b> Total Time: 1.5 hours <b>WU:</b> 15+ min Zone 1/2 <b>WO:</b> 2 x 20min steady tempo (high Z3) on gravel or trails with 10min RBI + skills practice <b>RPM:</b> 80-95 <b>CD:</b> 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 hurdle.	REST	<b>Race Prep (day before race)</b> 1-1.5 hrs Z1/2 plus 10 x 30sec surges (2min RBI) plus stretch	REST	 <b>STEAMING NOSTRIL</b> March 29, 2015	REST	<b>OFF</b> or Easy Z1/2 spin for 1 hour

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