

## CYCLE PREPARATION PERIOD TRAINING – PERIOD 2 – WEEKS 5-8

Day	Training	Intensity	Time (mins)				Comments
			Week 1	Week 2	Week 3	Week 4	
One	Easy road ride	L1	150	150-180	180	150	Ensure sufficient nutrition, see note about bad weather alternative and sprints!
Two	Rest or X Train						
Three	Turbo session	Full L2 range + hold for 1 min at top	40	50	60	40	See notes
Four	Rest or X Train						
Five	Turbo session	Full L2 range + hold for 1 min at top	40	50	60	40	See notes
Six	Rest or X Train						
Seven	Road ride	Varied within L2 range	90	120	120	90	Alternating one week as 10 mins big gear / 10 mins small gear on flattish circuit and next week on hillier circuit.

### Notes:

#### Road ride, day one:

Long easy ride within level 1 range, perhaps into low level two on hills. This month use a gear one cog higher (harder) or aim for average speed 1 mph more than last month. You should still not be unduly stressed at the end of this ride which is designed to increase your aerobic capacity. Ensure you take sufficient nutrition, solid & liquid. Introduce 2 sprints into your long rides this month, approx 20 mins after the start and 20 mins before the finish. Engage a medium gear that you can turn at 100 rpm +, say 52 x 17 and sprint out the saddle for 20 seconds. This will raise your heart rate probably in to L3. Make sure you do this safely i.e. on a quiet road with good visibility.

If weather prevents this ride then complete the following turbo session:

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Warm up for 10 mins or to bottom of level 2 range, ride for 30 mins at 80% of MHR (mid level 2) holding this level for the full 30 mins and a cadence of 95-100 rpm, spin for 5 mins in small gear, finish. THEN REPEAT this session 2.5 hours later taking only liquids between sessions (this will stimulate fat metabolism).

## **Turbo sessions, days three & five:**

Warm up for 10 mins or until heart rate has reached bottom of level 2, increase effort gradually to take heart rate to top of level 2, depending upon your current state of fitness this could take anything from 1-3 mins. Once you have reached top of level 2 hold this heart rate (don't increase) for one minute then ease back until heart rate drops to bottom of level 2, repeat for remainder of the time then spin in small gear for 5 mins to finish. Try to maintain a cadence of 95-100 rpm throughout. This session will build aerobic base and power and will improve your pedalling cadence.

## **Notes:**

As the turbo sessions are now getting slightly harder I have suggested a build up for the first 3 weeks followed by a recovery week to allow the body time to recover. You should now be getting used to controlling these sessions.