

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1	Rest	Sprint Leadouts: 1-1.5 hrs- Warm up well for 15-20 minutes. Main set: 3x4 minutes- ramp each minute from Tempo) to SteadyState, to ClimbingRepeat/FTP (z5), to PowerInterval/FTP+) in the last minute. In the final 15 seconds of the ramped effort sprint all out! Full recovery between efforts of 6 minutes easy spinning. Be sure to warm down very well at the end of the whole workout	Optional 1 hr light endurance ride	Speed Intervals: 1-1.5 hrs- Warm up well for 15-20 Minutes. Main set: 3x4 minutes- With in each 4 minute effort attack all out for 15 seconds, then recover for 45 seconds. Repeat this cycle for the entire 4 minute block of time. Full recovery of 4-6 minutes between sets. Good warm down at the end of the workout!	Rest	High Quality Sprints: 1.5-2 hrs- Warm up well for 15-30 minutes. Through the middle section of the ride do 5x12-15 second high quality sprints. Focus on maximum power and good form/gear selections. Full recovery of 5+ minutes between efforts. Warm down well at the end of the ride.	1.5-3 hrs steady Endurance Miles. Have a good ride solo or with a group. If you do ride with a group work on your tactics. Hide from the wind, only show your face when you have to. This is a great time to practice the old town line sprints as well.
Wk2	Rest	Sprint Leadouts: 1-1.5 hrs- Warm up well for 15-20 minutes. Main set: 4x4 minutes- ramp each minute from Tempo) to SteadyState, to ClimbingRepeat/FTP (z5), to PowerInterval/FTP+) in the last minute. In the final 15 seconds of the ramped effort sprint all out! Full recovery between efforts of 6 minutes easy spinning. Be sure to warm down very well at the end of the whole workout	Optional 1 hr light endurance ride	Speed Intervals: 1-1.5 hrs- Warm up well for 15-20 Minutes. Main set: 4x4 minutes- With in each 4 minute effort attack all out for 15 seconds, then recover for 45 seconds. Repeat this cycle for the entire 4 minute block of time. Full recovery of 4-6 minutes between sets. Good warm down at the end of the workout!	Rest	High Quality Sprints: 1.5-2 hrs- Warm up well for 15-30 minutes. Through the middle section of the ride do 6x12-15 second high quality sprints. Focus on maximum power and good form/gear selections. Full recovery of 5+ minutes between efforts. Warm down well at the end of the ride.	1.5-3 hrs steady Endurance Miles Have a good ride solo or with a group work on your tactics. Hide from the wind, only show your face when you have to. This is a great time to practice the old town line sprints as well.
Wk3- Hardest Week- Buckle up	Rest	Sprint Leadouts: 1-1.5 hrs- Warm up well for 15-20 minutes. Main set: 4x4 minutes- ramp each minute from Tempo) to SteadyState, to ClimbingRepeat/FTP (z5), to PowerInterval/FTP+) in the last minute. In the final 15 seconds of the ramped effort sprint all out! Full recovery between efforts of 6 minutes easy spinning. Be sure to warm down very well at the end of the whole workout	Optional 1 hr light endurance ride	Speed Intervals: 1-1.5 hrs- Warm up well for 15-20 Minutes. Main set: 4x4 minutes- With in each 4 minute effort attack all out for 30 seconds, then recover for 30 seconds. Repeat this cycle for the entire 4 minute block of time. Full recovery of 4-6 minutes between sets. Good warm down at the end of the workout!	Rest	High Quality Sprints: 1.5-2 hrs- Warm up well for 15-30 minutes. Through the middle section of the ride do 8x12-15 second high quality sprints. Focus on maximum power and good form/gear selections. Full recovery of 5+ minutes between efforts. Warm down well at the end of the ride.	1.5-3 hrs steady Endurance Miles. Have a good ride solo or with a group. If you do ride with a group work on your tactics. Hide from the wind, only show your face when you have to. This is a great time to practice the old town line sprints as well.
Wk4- Rest and taper week	Rest	Sprint Leadouts: 1-1.5 hrs- Warm up well for 15-20 minutes. Main set: 2x4 minutes- ramp each minute from Tempo) to SteadyState, to ClimbingRepeat/FTP (z5), to PowerInterval/FTP+) in the last minute. In the final 15 seconds of the ramped effort sprint all out! Full recovery between efforts of 6 minutes easy spinning. Be sure to warm down very well at the end of the whole workout	Optional 1 hr light endurance ride	Speed Intervals: 1-1.25 hrs- Warm up well for 15-20 Minutes. Main set: 2x4 minutes- With in each 4 minute effort attack all out for 15 seconds, then recover for 45 seconds. Repeat this cycle for the entire 4 minute block of time. Full recovery of 4-6 minutes between sets. Good warm down at the end of the workout!	Rest	High Quality Sprints: 1.25-1.5 hrs- Warm up well for 15-30 minutes. Through the middle section of the ride do 4x12-15 second high quality sprints. Focus on maximum power and good form/gear selections. Full recovery of 5+ minutes between efforts. Warm down well at the end of the ride.	1.5-3 hrs steady Endurance Miles Have a good ride solo or with a group. If you do ride with a group work on your tactics. Hide from the wind, only show your face when you have to. This is a great time to practice the old town line sprints as well.