

IMPROVERS PLAN

Overview



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RIDE TIME
1: Threshold Test	Rest	Outdoor/Indoor Ride 1 hour	Rest	Threshold Test 1 hour 10 minutes	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 1 hour 30 mins	3 hrs 40 mins - 4 hrs 40 mins
2: Settling into a routine	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 1 hour	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 1 hour 40 mins	3 hrs 40 mins - 4 hrs 40 mins
3: Building on solid foundations	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 1 hour	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 1 hour 50 mins	3 hrs 50 mins - 4 hrs 50 mins
4: Rest week and a 50 km ride	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 20 mins	Rest	Flexible Day	Outdoor Ride 50 km / 2 hours 30 mins	3 hrs 50 mins
5: Increasing the intensity	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 1 hour	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 2 hours	4 hrs - 5hrs
6: Consolidation	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 1 hour	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 2 hours 15 mins	4 hrs 15 mins - 5 hrs 15 mins

IMPROVERS PLAN

Overview



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RIDE TIME
7: Longer intervals	Rest	Outdoor/Indoor Ride 1 hour 20 mins	Rest	Outdoor/Indoor Ride 1 hour 20 minutes	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 2 hour 30 mins	5 hrs 10 mins - 6 hrs 10 mins
8: Second rest week and a 60 km ride	Rest	Outdoor/Indoor Ride 40 minutes	Rest	Outdoor/Indoor Ride 1 hour	Rest	Flexible Day	Outdoor Ride 60 km / 3 hours	4 hrs 40 mins
9: Re-testing Threshold	Rest	Threshold Test 1 hour 10 minutes	Rest	Outdoor/Indoor Ride 1 hour 20 minutes	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 3 hours (with Tempo efforts)	5 hrs 30 mins - 6 hrs 30 mins
10: Into Zone 5	Rest	Outdoor/Indoor Ride 1 hour 20 mins	Rest	Outdoor/Indoor Ride 1 hour	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 75 km / 3 hrs 45 mins	6 hrs 5 mins - 7 hrs 5 mins
11: Starting to taper	Rest	Outdoor/Indoor Ride 1 hour	Rest	Outdoor/Indoor Ride 45 mins	Cross Training 1 hr optional	Flexible Day	Outdoor Ride 2 hours	3 hrs 45 mins - 4 hrs 45 mins
12: Event Week	Rest	Outdoor/Indoor Ride Spin outs session 1 hour	Rest	Outdoor/Indoor Ride Spin outs session 1 hour	Rest	Outdoor/Indoor Ride Improvers pre-event ride 30 mins	Sportive 100 km / 5 hours	7 hrs 30 mins