

PANIC PLAN

Overview

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RIDE TIME
Week 1	Rest day	Panic Intro Ride 1 hour	Cross training/rest	Panic Intro Ride 1 hour	Cross training/rest	Rest	Improvers endurance ride: 2 hours	4 hours
Week 2	Rest day	Threshold test 1 hour 10 minutes	Cross training/rest	Zone build 1 hour	Cross training/rest	Rest	Improvers endurance ride: 2.5 hours	4 hours 40 minutes
Week 3	Rest day	Tempo intervals 1 hour	Cross training/rest	Tempo intervals 1 hour	Cross training/rest	Rest	Improvers endurance ride: 3 hours	5 hours
Week 4	Rest day	3X10 minutes 1 hour 20 minutes	Cross training/rest	Spin-out session 1 hour	Cross training/rest	Improvers pre-event ride 30 minutes	Improvers endurance ride: 4 hours	6 hours 50 minutes
Week 5	Rest day	Sweet-spot intervals 1 hour	Cross training/rest	VO2 intervals 1 hour	Cross training/rest	Rest	Improvers endurance ride: 1 hour 30 minutes	3 hours 30 minutes
Week 6	Improvers Plan Recovery Ride 30 minutes	Rest	Cross training/rest	Spin-out session 1 hour	Rest	Improvers pre-event ride 30 minutes	Event weekly total	2 hours + event