

CORTOFONDO (55 KM) 20-WEEK TRAINING PROGRAM



Week	Description of Week & Reminders	Long Ride	Intervals/Intensity	Hill Climb Effort	Recovery Ride	Core Strength & Flexibility
1 Feb 24- Mar 1	- 3 rides this week - Feel free to increase the distance of your long ride	15km (longer if you already have some base) [5/10]	<u>Bursts:</u> 4 X 90 sec bursts [8/10] 120 sec recovery between each [2/10]		10 km [3/10] ride, ideally between the Interval and Hill Climb effort days	Adductor & Lateral Core
2 Mar 2- 8	- 3 rides this week	20km [5/10]		<u>Long & steady:</u> 2 X 4 min [7/10] w/ 2 min recovery between each set	15 km [3/10]	6 Core Exercises for the Beginner Cyclist
3 Mar 9 - 15	- 4 rides this week	20km [6/10]	<u>Pyramid:</u> 3 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 15-25 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	20 km [3/10]	Upper body exercises
4 Mar 16 - 22	- Consider a professional bike fit if discomfort becomes an issue - 3 rides this week	25km [6/10]		<u>Long climb:</u> 15-25 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km [4/10]	GCN’s 5 Core Exercises for Cyclists
5 Mar 23 - 29	<u>*Recovery week</u> - 3 rides this week	15km [4/10]	<u>Bursts:</u> 3 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]		15km [3/10]	General stretch routine
6 Mar 30 - Apr 5	- 4 rides this week	30km [6/10]	<u>Intensity progression:</u> 3 * (start out at [6/10] for 2-min, then [7/10] for 2-min, [8/10] for 2-min, [9/10] for 1-min & [10/10] 30-sec) w/ 2-min recovery between each set	<u>Long + short:</u> 3 * (4-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	30 km [4/10]	Posture exercises
7 Apr 6 - 12	- 4 rides this week	30km [6/10]	<u>Pyramid:</u> 3 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 20-30 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	30aaaaaaaaaaaa km [4/10]	GCN’s 10 Yoga Exercises for Cyclists

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8 Apr 13 - 19	<u>*Big mileage week</u> - 5 rides this week	35km [6/10]	<u>Bursts:</u> 8 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 5 * (4-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	2 days @ 320 km [4/10]	Core Training with Peter Sagan
9 Apr 20 – 26	<u>*Recovery week</u> - 4 rides this week	20km [5/10]	<u>Bursts:</u> 5 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]	<u>Long climb:</u> 20-30 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	15 km [4/10]	Trainer Road’s 5 Exercises to Integrate Into Your Cycling Plan
10 Apr 27 - May 3	- 4 rides this week	40km [6/10]	<u>Bursts:</u> 10 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 6 * (5-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	30 km [4/10]	
11 May 4 - 10	- 4 rides this week	45km [7/10]	<u>Pyramid:</u> 5 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long & steady:</u> 8 X 2 min [8/10] w/ 120 sec recovery	30 km [4/10]	Glutes, hamstrings & back exercises
12 May 11 – 17	<u>*Big mileage week</u> - 5 rides this week	50km [7/10]	<u>Bursts:</u> 12 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 8 * (4-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	2 days @ 30 km [4/10]	
13 May 18 – 24	<u>*Recovery week</u> - 3 rides this week	20km [5/10]	<u>Bursts:</u> 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]		15 km [4/10]	
14 May 25 - 31	- 4 rides this week	50km [7/10]	<u>Intensity progression:</u> 6 * (start out at [6/10] for 2-min, then [7/10] for 2-min, [8/10] for 2-min, [9/10] for 1-min & [10/10] 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 30-40 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km [4/10]	

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15 Jun 1 - 7	- 4-5 rides this week	55km [7/10]	<u>Pyramid:</u> 8 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long & steady:</u> 8 X 2 min [8/10] w/ 120 sec recovery	35km [4/10] (If you're feeling good, consider another 50 km recovery ride)	
16 Jun 8 - 14	<u>*Big mileage week</u> - 5 rides this week	55km [7/10]	<u>Bursts:</u> 14 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 7 * (5-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	2 days @ 30 km [4/10]	- Focus on your nutrition for this week's big ride
17 Jun 15 - 21	<u>*Recovery week</u> - 3 rides this week	25km [5/10]	<u>Bursts:</u> 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]		15 km [4/10]	
18 Jun 22 – 28	- 5 rides this week	50km [6/10]	<u>Intensity progression:</u> 7 * (start out at [6/10] for 2-min, then [7/10] for 2-min, [8/10] for 2-min, [9/10] for 1-min & [10/10] 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 2 days @ 40-50 min sustained effort [10/10] . Use "Long & Steady" day if you can't locate a long hill/mtn	25 km [4/10]	
19 Jun 29 - July 5	<u>*Penultimate week</u> - Most riders undertrain for the hills, so focus on the hill climb efforts this week - 4 rides this week	45km [6/10]	<u>Pyramid:</u> 8 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long + short:</u> 7 * (4-min long climb [8/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	25 km [4/10]	Cycling Magazine's 5-minute warm-up before you ride
20 July 6 – July 12 [FONDO DAY]	<u>*Final Week Preparation</u> - 3-4 rides this week - Keep intensity high, and duration low	Mediofondo (55km) [10/10]	<u>Bursts:</u> 18 X 60 sec bursts [9/10] as part of a longer recovery ride (~40km) mid-week		Recovery ride (~20km) with bursts embedded in ride. Consider two of these rides this week	General stretching plus attention to nutrition for Cortofondo

Notes:

- **[X/10]** relates to perceived exertion. For those with power metres, you should be able to match these values up with power ranges.
- Much of this work can be done on a trainer or outdoors.
- On a given week, if you're stretched for time, you can either skip your recovery ride(s) or fit in your interval/intensity efforts within your recovery rides.
- For interval/intensity efforts, it's best to perform these rides on uninterrupted routes – either flat or rolling terrain.