

## MEDIOFONDO (92 KM) 20-WEEK TRAINING PROGRAM



Week	Description of Week & Reminders	Long Ride	Intervals/Intensity	Hill Climb Effort	Recovery Ride	Core Strength & Flexibility
<b>1</b> Feb 24- Mar 1	- 3 rides this week - Feel free to increase the distance of your long ride	25km (longer if you already have some base) <b>[5/10]</b>	<u>Bursts:</u> 4 X 90 sec bursts <b>[8/10]</b> 120 sec recovery between each <b>[2/10]</b>		15 km <b>[3/10]</b> ride, ideally between the Interval and Hill Climb effort days	<a href="#">Adductor &amp; Lateral Core</a>
<b>2</b> Mar 2- 8	- 3 rides this week	25km <b>[5/10]</b>		<u>Long &amp; steady:</u> 2 X 4 min <b>[7/10]</b> w/ 2 min recovery between each set	20 km <b>[3/10]</b>	<a href="#">6 Core Exercises for the Beginner Cyclist</a>
<b>3</b> Mar 9 - 15	- 4 rides this week	30km <b>[6/10]</b>	<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 <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	25 km <b>[3/10]</b>	<a href="#">Upper body exercises</a>
<b>4</b> Mar 16 - 22	- Consider a professional bike fit if discomfort becomes an issue - 3 rides this week	30km <b>[6/10]</b>		<u>Long climb:</u> 15-25 min sustained effort <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km <b>[4/10]</b>	<a href="#">GCN’s 5 Core Exercises for Cyclists</a>
<b>5</b> Mar 23 - 29	<u>*Recovery week</u> - 3 rides this week	25km <b>[4/10]</b>	<u>Bursts:</u> 3 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>		20 km <b>[3/10]</b>	<a href="#">General stretch routine</a>
<b>6</b> Mar 30 - Apr 5	- 4 rides this week	35km <b>[6/10]</b>	<u>Intensity progression:</u> 3 * (start out at <b>[6/10]</b> for 2-min, then <b>[7/10]</b> for 2-min, <b>[8/10]</b> for 2-min, <b>[9/10]</b> for 1-min & <b>[10/10]</b> 30-sec) w/ 2-min recovery between each set	<u>Long + short:</u> 3 * (4-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	30 km <b>[4/10]</b>	<a href="#">Posture exercises</a>
<b>7</b> Apr 6 - 12	- 4 rides this week	40km <b>[6/10]</b>	<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 <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	35 km <b>[4/10]</b>	<a href="#">GCN’s 10 Yoga Exercises for Cyclists</a>

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<b>8</b> Apr 13 - 19	<u>*Big mileage week</u> - 5 rides this week	50km <b>[6/10]</b>	<u>Bursts:</u> 8 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long + short:</u> 5 * (4-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	2 days @ 320 km <b>[4/10]</b>	<a href="#">Core Training with Peter Sagan</a>
<b>9</b> Apr 20 – 26	<u>*Recovery week</u> - 4 rides this week	40km <b>[5/10]</b>	<u>Bursts:</u> 5 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long climb:</u> 20-30 min sustained effort <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	25 km <b>[4/10]</b>	<a href="#">Trainer Road’s 5 Exercises to Integrate Into Your Cycling Plan</a>
<b>10</b> Apr 27 - May 3	- 4 rides this week	60km <b>[6/10]</b>	<u>Bursts:</u> 10 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long + short:</u> 6 * (5-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	30 km <b>[4/10]</b>	
<b>11</b> May 4 - 10	- 4 rides this week	70km <b>[7/10]</b>	<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 &amp; steady:</u> 8 X 2 min <b>[8/10]</b> w/ 120 sec recovery	30 km <b>[4/10]</b>	<a href="#">Glutes, hamstrings &amp; back exercises</a>
<b>12</b> May 11 – 17	<u>*Big mileage week</u> - 5 rides this week	75km <b>[7/10]</b>	<u>Bursts:</u> 12 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long + short:</u> 8 * (4-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	2 days @ 30 km <b>[4/10]</b>	
<b>13</b> May 18 – 24	<u>*Recovery week</u> - 3 rides this week	60km <b>[5/10]</b>	<u>Bursts:</u> 6 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>		20 km <b>[4/10]</b>	
<b>14</b> May 25 - 31	- 4 rides this week	80km <b>[7/10]</b>	<u>Intensity progression:</u> 6 * (start out at <b>[6/10]</b> for 2-min, then <b>[7/10]</b> for 2-min, <b>[8/10]</b> for 2-min, <b>[9/10]</b> for 1-min & <b>[10/10]</b> 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 30-40 min sustained effort <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km <b>[4/10]</b>	

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<b>15</b> Jun 1 - 7	- 4-5 rides this week	90km <b>[7/10]</b>	Pyramid: 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	Long & steady: 8 X 2 min <b>[8/10]</b> w/ 120 sec recovery	35km <b>[4/10]</b> (If you're feeling good, consider another 50 km recovery ride)	
<b>16</b> Jun 8 - 14	<u>*Big mileage week</u> - 5 rides this week	95km <b>[7/10]</b>	Bursts: 14 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	Long + short: 7 * (5-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	2 days @ 30 km <b>[4/10]</b>	- Focus on your nutrition for this week's big ride
<b>17</b> Jun 15 - 21	<u>*Recovery week</u> - 3 rides this week	90km <b>[5/10]</b>	Bursts: 6 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>		20 km <b>[4/10]</b>	
<b>18</b> Jun 22 – 28	- 5 rides this week	80km <b>[6/10]</b>	Intensity progression: 7 * (start out at <b>[6/10]</b> for 2-min, then <b>[7/10]</b> for 2-min, <b>[8/10]</b> for 2-min, <b>[9/10]</b> for 1-min & <b>[10/10]</b> 30-sec) w/ 2-min recovery between each set	Long climb: 2 days @ 40-50 min sustained effort <b>[10/10]</b> . Use "Long & Steady" day if you can't locate a long hill/mtn	35 km <b>[4/10]</b>	
<b>19</b> 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	75km <b>[6/10]</b>	Pyramid: 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	Long + short: 7 * (4-min long climb <b>[8/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	35 km <b>[4/10]</b>	<a href="#">Cycling Magazine's 5-minute warm-up before you ride</a>
<b>20</b> July 6 – July 12 [FONDO DAY]	<u>*Final Week Preparation</u> - 3-4 rides this week - Keep intensity high, and duration low	<b>Mediofondo (92km) [10/10]</b>	Bursts: 18 X 60 sec bursts <b>[9/10]</b> as part of a longer recovery ride (~40km) mid-week		Recovery ride (~40km) with bursts embedded in ride. Consider two of these rides this week	General stretching plus attention to nutrition for Mediofondo

### 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.