

VELOCEFONDO (126 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 | 30km (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] | | 20 km [3/10] ride, ideally between the Interval and Hill Climb effort days | Adductor & Lateral Core |
| 2 Mar 2- 8 | - 3 rides this week | 30km [5/10] | | <u>Long & steady:</u> 2 X 4 min [7/10] w/ 2 min recovery between each set | 25 km [3/10] | 6 Core Exercises for the Beginner Cyclist |
| 3 Mar 9 - 15 | - 4 rides this week | 40km [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 | 35 km [3/10] | Upper body exercises |
| 4 Mar 16 - 22 | - Consider a professional bike fit if discomfort becomes an issue - 3 rides this week | 50km [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 | 35 km [4/10] | GCN’s 5 Core Exercises for Cyclists |
| 5 Mar 23 - 29 | <u>*Recovery week</u> - 3 rides this week | 35km [4/10] | <u>Bursts:</u> 3 X 120 sec bursts [8/10] 180 sec recovery between each [2/10] | | 25 km [3/10] | General stretch routine |
| 6 Mar 30 - Apr 5 | - 4 rides this week | 55km [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 | 40 km [4/10] | Posture exercises |
| 7 Apr 6 - 12 | - 4 rides this week | 60km [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 | 40 km [4/10] | GCN’s 10 Yoga Exercises for Cyclists |

VELOCEFONDO (126 KM) 20-WEEK TRAINING PROGRAM



| Week | Description of Week & Reminders | Long Ride | Intervals/Intensity | Hill Climb Effort | Recovery Ride | Core Strength & Flexibility |
|-----------------------------|---|---------------------|---|--|------------------------------|--|
| 8 Apr 13 - 19 | <u>*Big mileage week</u> - 5 rides this week | 70km [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 @ 30 km [4/10] | Core Training with Peter Sagan |
| 9 Apr 20 – 26 | <u>*Recovery week</u> - 4 rides this week | 50km [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 | 30 km [4/10] | Trainer Road’s 5 Exercises to Integrate Into Your Cycling Plan |
| 10 Apr 27 - May 3 | - 4 rides this week | 80km [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 | 40 km [4/10] | |
| 11 May 4 - 10 | - 4 rides this week | 90km [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 | 45 km [4/10] | Glutes, hamstrings & back exercises |
| 12 May 11 – 17 | <u>*Big mileage week</u> - 5 rides this week | 100km [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 @ 40 km [4/10] | |
| 13 May 18 – 24 | <u>*Recovery week</u> - 3 rides this week | 75km [5/10] | <u>Bursts:</u> 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10] | | 35 km [4/10] | |
| 14 May 25 - 31 | - 4 rides this week | 110km [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 | 45 km [4/10] | |

VELOCEFONDO (126 KM) 20-WEEK TRAINING PROGRAM



| | | | | | | |
|--|---|------------------------------------|--|---|---|---|
| 15 Jun 1 - 7 | - 4-5 rides this week | 120km [7/10] | 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 [8/10] w/ 120 sec recovery | 45 km [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 | 126km [7/10] | Bursts: 14 X 120 sec bursts [9/10] 180 sec recovery between each [2/10] | Long + short: 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 @ 35 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 | 100km [5/10] | Bursts: 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10] | | 25 km [4/10] | |
| 18 Jun 22 – 28 | - 5 rides this week | 115km [6/10] | Intensity progression: 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 | Long climb: 2 days @ 40-50 min sustained effort [10/10] . Use "Long & Steady" day if you can't locate a long hill/mtn | 40 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 | 100km [6/10] | 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 [8/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set | 40 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 | Velocefondo (126km) [10/10] | Bursts: 18 X 60 sec bursts [9/10] 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 Velocefondo |

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.