



## WILD ATLANTIC MIZEN CYCLE TRAINING PROGRAMME

|      | April 29th-May 5th   | May 6th-12th   | May 13th-19th  | May 20th-26th EASY WEEK  |
|------|--|--|--|--|
| MON  | Recovery Day   | Recovery Day   | Recovery Day   | Recovery Day   |
| TUES | <p><b>Some light bike strength endurance work.</b> Using an easy gradient hill ie 4-5% gradient.<br/>Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM<br/>Then using a hard gear ie Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM 3 X 3 MINS at Zone 3 HR or RPE 5 with 3 min recovery in between reps in easy gear.<br/>Warm down 20 mins in easy gears spinning at a good 80-90RPM</p> | <p><b>Some light bike strength endurance work.</b> Using an easy gradient hill ie 4-5% gradient.<br/>Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM<br/>Then using a hard gear ie Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM 4 X 3 MINS at Zone 3 HR or RPE 5 with 3 min recovery in between reps in easy gear.<br/>Warm down 20 mins in easy gears spinning at a good 80-90RPM</p> | <p><b>Some light bike strength endurance work.</b> Using an easy gradient hill ie 4-5% gradient.<br/>Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM<br/>Then using a hard gear ie Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM 5 X 3 MINS at Zone 3 HR or RPE 5 with 3 min recovery in between reps in easy gear.<br/>Warm down 20 mins in easy gears spinning at a good 80-90RPM</p> | <p><b>Some light bike strength endurance work.</b> Using an easy gradient hill ie 4-5% gradient.<br/>Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM<br/>Then using a hard gear ie Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM 3 X 3 MINS at Zone 3 HR or RPE 5 with 3 min recovery in between reps in easy gear.<br/>Warm down 20 mins in easy gears spinning at a good 80-90RPM</p> |
| WED  | Recovery Day   | Recovery Day   | Recovery Day   | Recovery Day   |
| THUR | <p><b>Some High Cadence Work</b><br/>20 Warm up easy zone 1-2 or RPE 1-3<br/>3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.<br/>10 mins easy<br/>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5<br/>10 mins easy<br/>Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>   | <p><b>Some High Cadence Work</b><br/>20 Warm up easy zone 1-2 or RPE 1-3<br/>3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.<br/>10 mins easy<br/>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5<br/>10 mins easy<br/>Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>   | <p><b>Some High Cadence Work</b><br/>20 Warm up easy zone 1-2 or RPE 1-3<br/>3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.<br/>10 mins easy<br/>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5<br/>10 mins easy<br/>Repeat 3 x 1 min high cadence 100-110rpm as earlier.<br/>Warm down 20 mins easy.</p>   | <p><b>Some High Cadence Work</b><br/>20 Warm up easy zone 1-2 or RPE 1-3<br/>3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.<br/>10 mins easy<br/>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5<br/>10 mins easy<br/>Repeat 3 x 1 min high cadence 100-110rpm as earlier.<br/>Warm down 20 mins easy.</p>   |

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|------------|--|--|--|--|
| <b>FRI</b> | Recovery Day   | Recovery Day   | Recovery Day   | Recovery Day   |
| <b>SAT</b> | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. |
| <b>SUN</b> | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. | 3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. |

|             | <b>May 27th-June 2nd</b>  | <b>June 3rd-9th</b>   | <b>June 10th-16th</b>   | <b>June 17th-23rd Easy week</b>  |
|-------------|---|---|---|--|
| <b>MON</b>  | Recovery Day  | Recovery Day  | Recovery Day  | Recovery Day   |
| <b>TUES</b> | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>4 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy | Just and easy 2 hours spin, just spin the legs out zone 1-2 or RPE 2-3.        |
| <b>WED</b>  | Recovery Day  | Recovery Day  | Recovery Day  | Recovery Day   |
| <b>THUR</b> | Hill Repeats: Pick a hill at least 5 mins long.<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>Then 3 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries.<br>Warm down 20 mins easy       | Hill Repeats: Pick a hill at least 5 mins long.<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>Then 4 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries.<br>Warm down 20 mins easy       | Hill Repeats: Pick a hill at least 5 mins long.<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>Then 5 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries.<br>Warm down 20 mins easy       | Just and easy 2 hours spin, just spin the legs out zone 1-2 or RPE 2-3.        |
| <b>FRI</b>  | Recovery Day  | Recovery Day  | Recovery Day  | Recovery Day   |
| <b>SAT</b>  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. |
| <b>SUN</b>  | 3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 4 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts. |

|      | June 24th-June 30th   | July 1st-July 7th   | July 8th-July 14th  |
|------|---|---|---|
| MON  | Recovery Day  | Recovery Day  | Recovery Day  |
| TUES | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>4 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy | Some light Intensity. Flat road<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>2 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.<br>Warm down 20 mins easy |
| WED  | Recovery Day  | Recovery Day  | Recovery Day  |
| THUR | Hill Repeats: Pick a hill at least 5 mins long.<br>Warm up 20 mins easy zone 1-2 RPE 1-2<br>Then 3 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries.<br>Warm down 20 mins easy       | 2 hours easy just spin the legs.  | 2 hours easy just spin the legs.  |
| FRI  | Recovery Day  | Recovery Day  | Recovery Day  |
| SAT  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | <b>Wild Atlantic Mizen Cycle!<br/>Enjoy!!</b>   |
| SUN  | 4 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  | 4 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.  |   |