



WILD ATLANTIC MIZEN CYCLE TRAINING PROGRAMME 2025

	April 28th-May 4th	May 5th-11th	May 12th-18th	May 19th-25th EASY WEEK
MON	Recovery Day	Recovery Day	Recovery Day	Recovery Day
TUES	<p>Some light bike strength endurance work. Using an easy gradient hill ie 4-5% gradient. Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM 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. Warm down 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Some light bike strength endurance work. Using an easy gradient hill ie 4-5% gradient. Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM 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. Warm down 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Some light bike strength endurance work. Using an easy gradient hill ie 4-5% gradient. Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM 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. Warm down 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Some light bike strength endurance work. Using an easy gradient hill ie 4-5% gradient. Warm up 20 mins easy zone 1-2 HR at good high cadence 80-90RPM 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. 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>Some High Cadence Work 20 Warm up easy zone 1-2 or RPE 1-3 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries. 10 mins easy 2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5 10 mins easy Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>	<p>Some High Cadence Work 20 Warm up easy zone 1-2 or RPE 1-3 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries. 10 mins easy 2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5 10 mins easy Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>	<p>Some High Cadence Work 20 Warm up easy zone 1-2 or RPE 1-3 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries. 10 mins easy 2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5 10 mins easy Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>	<p>Some High Cadence Work 20 Warm up easy zone 1-2 or RPE 1-3 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries. 10 mins easy 2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5 10 mins easy Repeat 3 x 1 min high cadence 100-110rpm as earlier. Warm down 20 mins easy.</p>

FRI	Recovery Day	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.	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.
SUN	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.

	May 26th-June 1st	June 2nd-8th	June 9th-15th	June 16th-22nd Easy week
MON	Recovery Day	Recovery Day	Recovery Day	Recovery Day
TUES	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 4 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy	Just and easy 2 hours spin, just spin the legs out zone 1-2 or RPE 2-3.
WED	Recovery Day	Recovery Day	Recovery Day	Recovery Day
THUR	Hill Repeats: Pick a hill at least 5 mins long. Warm up 20 mins easy zone 1-2 RPE 1-2 Then 3 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries. Warm down 20 mins easy	Hill Repeats: Pick a hill at least 5 mins long. Warm up 20 mins easy zone 1-2 RPE 1-2 Then 4 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries. Warm down 20 mins easy	Hill Repeats: Pick a hill at least 5 mins long. Warm up 20 mins easy zone 1-2 RPE 1-2 Then 5 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries. Warm down 20 mins easy	Just and easy 2 hours spin, just spin the legs out zone 1-2 or RPE 2-3.
FRI	Recovery Day	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.	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.
SUN	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 23rd-June 29th	June 30th-July 6th	July 7th-July 12th
MON	Recovery Day	Recovery Day	Recovery Day
TUES	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 3 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 4 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy	Some light Intensity. Flat road Warm up 20 mins easy zone 1-2 RPE 1-2 2 X 5 MINS Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down 20 mins easy
WED	Recovery Day	Recovery Day	Recovery Day
THUR	Hill Repeats: Pick a hill at least 5 mins long. Warm up 20 mins easy zone 1-2 RPE 1-2 Then 3 x hill repeats at zone 3-4 or RPE 7-8 with 5 min recoveries. 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.	Wild Atlantic Mizen Cycle! Enjoy!!
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.	