



2019 Training



# Welcome!

To get successful results you need to train with precision and purpose.

Included in this PDF, you'll find three 12-Week Training program templates, designed to get you to the finish line and achieve your goals.

Each plan offers a basic training progression, incorporating time on the bike, recovery days and cross training (X-training) for full body conditioning and preparation.

Whether you are new to cycling or an experienced rider, the combination of proper training and recovery, sound nutrition and ongoing support and advice from our coaching experts will get you to the finish line!

# Training Plan Design & Key

- Program is **Time/Intensity based** to accommodate most rider levels and abilities.
- **Wildcard Days** are for your flexibility. Rest, take a day off, or do some light training.
- **Rest days and Active Recovery Days** are important. Recover! Listen to your body and train 'intuitively'. When your body tells you to go easy or to rest more, do it.
- **X-Train (Cross Training)** are days to incorporate other exercise modalities , including strength training, swimming, light running, yoga, pilates, etc. Build overall fitness for stronger performance on the bike.
- Get more training program insights, ideas and suggestions by joining the Facebook Group.



# Training Intensity / Zones

Your body uses different energy systems to produce the power (watts) required to spin the pedals on your bike. For simplicity, this program leverages a 5-Zone paradigm, incorporating power, heart rate or perceived effort.

For more advanced and customized training using FTP Data (Functional Threshold Power), please consult with a Professional Cycling coach.

**Interval Training** days are prescribed once or twice each week. Specific interval workouts vary, and we recommend that you attend a performance based Indoor Cycling Class, or incorporate challenging workouts on the road such as time trialing, hard pace line work and hill repeats.

Please consult with a coach, or visit the Facebook Group as noted in the Training Resources page, for more information and ideas for your program.

**For the purpose of this program, the Zones (Z) are as follows:**

Zone	Description
1	Easy pace. Active recovery or 'soft pedaling'.
2	Conversational, aerobic pace. HR and Watts well below FTP (functional threshold power). '6-7' on a scale of 1-10
3	Tempo. Harder, sustainable effort. '7-8' on a scale of 1-10
4	Threshold and Interval Training. Sustainable for up to 20-30 minutes. 'On the limit', at and above FTP. '8-9' on a scale of 1-10.
5	Hard, shorter intervals for anaerobic power development and sprint development! '9.5-10' On a scale of 1-10.

Pace = Time in The Saddle

### Cycling Pace Chart

Miles Per Hour	10 Miles	20K 12.4 Miles	15 Miles	40K 24.9 Miles	56 Miles	112 Miles
12	:50	1:02	1:15	2:04	4:40	9:20
13	:46	:57	1:09	1:55	4:18	8:37
14	:43	:53	1:04	1:47	4:00	8:00
15	:40	:50	1:00	1:39	3:44	7:28
16	:38	:47	:56	1:33	3:30	7:00
17	:35	:44	:53	1:28	3:18	6:35
18	:33	:41	:50	1:23	3:07	6:13
19	:32	:39	:47	1:19	2:57	5:54
20	:30	:37	:45	1:15	2:48	5:36
21	:29	:36	:43	1:11	2:40	5:20
22	:27	:34	:41	1:08	2:33	5:05
23	:26	:32	:39	1:05	2:26	4:52
24	:25	:31	:38	1:02	2:20	4:40
25	:24	:30	:36	1:00	2:14	4:29
26	:23	:29	:35	:57	2:09	4:18
27	:22	:28	:33	:55	2:04	4:09
28	:21	:27	:32	:53	2:00	4:00
29	:21	:26	:31	:51	1:56	3:52
30	:20	:25	:30	:50	1:52	3:44

# 30-50 Mile Ride Distances



Week ▼	Monday ▼	Tuesday ▼	Wednesday ▼	Thursday ▼	Friday ▼	Saturday ▼	Sunday ▼
1	Rest	1 hr / Z2	X-Train	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
2	Rest	1 hr / Z2	X-Train	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
3	Rest	1 hr / Z2	X-Train	1 hr / Intervals	Wildcard Day	2.5 hrs. / Z2-3	1 hr / Z2
4	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
5	Rest	1:15 hr / Z2-3	X-Train	1 hr / Intervals	X-Train	2.5 hrs. / Z2-3	1 hr / Z2
6	Rest	1:15 hr / Z2-3	X-Train	1 hr / Intervals	Wildcard Day	2.5 hrs. / Z2-3	1 hr / Z2
7	Rest	1:15 hr / Z2-3	X-Train	1 hr / Intervals	X-Train	3 hrs / Z2-4	1 hr / Z2
8	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
9	Rest	1:30 hr / Z2-3	X-Train	1:15 hr / Intervals	X-Train	3 hrs / Z2-4	1:30 hr / Z2
10	Rest	1:30 hr / Z2-3	X-Train	1:15 hr / Intervals	X-Train	4 hrs / Z2-4	1:30 hr / Z2
11	Rest	1:30 hr / Z2-3	X-Train	1:15 hr / Intervals	X-Train	4 hrs / Z2-4	1:30 hr / Z2
12	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	Rest	PAN MASS	PAN MASS

# 80-100 Mile Ride Distances



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1:15 hr / Z2	X-Train	1 hr / Intervals	X-Train / 1 hr / Z2	3 hrs / Z2-3	Active Recovery
2	Rest	1:15 hr / Intervals	X-Train	1 hr / Intervals	X-Train / 1 hr / Z2-3	3.5 hrs / Z2-3	Active Recovery
3	Rest	1:15 hr / Z2	X-Train	1 hr / Intervals	Wildcard Day	3.5 hrs. / Z2-3	1 hr / Z2
4	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
5	Rest	1:30 hr / Intervals	X-Train	1 hr / Intervals	X-Train / 1 hr / Z2-3	3.5 hrs. / Z2-3	1 hr / Z2
6	Rest	1:30 hr / Z2-3	X-Train	1:15 hr / Intervals	Wildcard Day	4 hrs. / Z2-3	1:30 hr / Z2
7	Rest	1:30 hr / Intervals	X-Train	1:15 hr / Intervals	X-Train	4 hrs / Z2-4	1 hr / Z2
8	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
9	Rest	1:30 hr / Intervals	X-Train / 1hr Z2-3	1:15 hr / Intervals	Wildcard Day	5-6 hrs / Z2-4	1:30 hr / Z2
10	Rest	1:30 hr / Intervals	X-Train / 1hr Z2-3	1:15 hr / Intervals	X-Train	5-6 hrs / Z2-4	1:30 hr / Z2
11	Rest	1 hr / Z2-3	X-Train	1 hr / Intervals	Wildcard Day	3-4 hrs / Z2-4	Active Recovery
12	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	Rest	PAN MASS	PAN MASS

# 2-Day Ride Training Program



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1:30 hr / Z2	X-Train	1 hr / Intervals	X-Train / 1 hr / Z2	3 hrs / Z2-4	2 hr / Z2-4
2	Rest	1:30 hr / Intervals	X-Train	1 hr / Intervals	X-Train / 1 hr / Z2-3	3-4 hrs / Z2-4	2 hr / Z2-4
3	Rest	1:15 hr / Z2	X-Train	1:15 hr / Intervals	Wildcard Day	3-4 hrs. / Z2-4	2 hr / Z2-4
4	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	2 hrs / Z2-3	Active Recovery
5	Rest	1:30 hr / Intervals	X-Train	1:15 hr / Intervals	X-Train / 1 hr / Z2-3	4-5 hrs. / Z2-3	2-3 hr / Z2
6	Rest	1:30 hr / Z2-3	X-Train	1:15 hr / Intervals	Wildcard Day	4-5 hrs. / Z2-3	2-3 hr / Z2
7	Rest	1:30 hr / Intervals	X-Train	1:15 hr / Intervals	X-Train	5-6 hrs / Z2-4	2-3 hr / Z2
8	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	X-Train	3 hrs / Z2-3	Active Recovery
9	Rest	1:30 hr / Intervals	X-Train / 1hr Z2-3	1:15 hr / Intervals	Wildcard Day	5-6 hrs / Z2-4	4-5 hr / Z2-4
10	Rest	1:30 hr / Intervals	X-Train	1:15 hr / Intervals	X-Train	6-7 hrs / Z2-4	3-4 hr / Z2-4
11	Rest	1 hr / Z2-3	X-Train	1 hr / Intervals	Wildcard Day	4 hrs / Z2-4	Active Recovery
12	Rest	Wildcard Day	1 hr / Z2-3	1 hr / Intervals	Rest	PAN MASS	PAN MASS



# TRAINING RESOURCES

## Take your performance to the Next Level!

- Join the PMC / LIFE TIME CYCLE FACEBOOK GROUP.
  - Ask training questions and share your training experiences with other riders.
  - Get suggestions for Interval Training Sessions.
  - <https://www.facebook.com/groups/1999883470275672/>
- Add PWR Cycle Classes at your LIFE TIME to your weekly training schedule.
- Work with a LIFE TIME Cycling Coach online, for personalized training.
  - <https://www.athlinks.com/event/life-time-cycle-coaching-228496>

