

SHAPE | YOUR 8-WEEK BIKE TRAINING PLAN

WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1 🚴 3:00 Zone 2 3, cadence 90-100 rpm's. Climbing Repeats: build slowly to Zone 4b, 4 x 8 min., cadence 70-90 rpm's. Recovery 5 min. between efforts. Best on a hill at least 5 min. long. DAY 2 Rest Day or 🚶 0:45 (optional) DAY 3 🚴 1:15 Zone 2, cadence 90-100 rpm's. Ladder Set: 3 sets, 3 min. each, Zone 3, sub LT, then Zone 4a, LT, 6 min. total each set. Recovery 6 min. between sets. DAY 4 Rest Day or 🚶 0:45 (optional) DAY 5 🚴 2:00 Zone 2 3, cadence 90-100 rpm's. Include One-legged pedaling, 2 sets, 4 x 30 sec. each leg. Recovery minimum 6 min. between sets. DAY 6 🚴 1:00 Zone 2 3, cadence 90-100 rpm's. 🚶 0:45 DAY 7 🚴 4:30 Zone 2 3, cadence 90-100 rpm's. Group Ride or add Climbing Repeats, Zone 4a 4b, 5 x 8 min., cadence 70-80 rpm's. Recovery 5 min. between intervals.	DAY 1 🚴 2:30 Zone 2 3, cadence 90-100 rpm's. DAY 2 Rest Day or 🚶 0:45 (optional) DAY 3 🚴 1:45 Zone 2, cadence 90-100 rpm's. Zone 4a, LT (Steady State), 3 x 10 min., cadence 90-100 rpm's. Recovery 6 min. between intervals. Build slowly to Zone 4a, then hold the intensity. DAY 4 Rest Day or 🚶 0:45 (optional) DAY 5 🚴 2:30 Zone 2 3, cadence 90-100 rpm's. Leg Burners 4 sets. Alternate 1 min. One-legged pedaling (OLP) 30 sec. each leg, cadence 80-100 rpm's, with 1 min. Fast Cadence (FC) cadence >110 rpm's, with 1 min. Recovery between OLP/FC sets. DAY 6 🚴 1:00 Zone 2, cadence 90-100 rpm's. 🚶 0:45 DAY 7 🚴 5:30 Zone 2 3, cadence 90-100 rpm's. Hilly route.	DAY 1 🚴 3:00 Zone 2, cadence 90-100 rpm's. Climbing Repeats: build slowly to Zone 4b, 6 x 8 min., cadence 70-90 rpm's. Recovery 5 min. between efforts. Best on a hill at least 5 min. long. DAY 2 Rest Day or 🚶 0:45 (optional) DAY 3 🚴 2:00 Zone 2, cadence 90-100 rpm's. Zone 4a, LT (Steady State), 3 x 12 min., cadence 90-100 rpm's. Recovery 6 min. between intervals. Build slowly to Zone 4a, then hold the intensity. DAY 4 🚴 1:00 Zone 1 2, cadence 85-100 rpm's, easy spin. 🚶 0:45 DAY 5 🚴 3:00 Zone 2, cadence 90-100 rpm's. Hill Spin-ups, 5 x 1 min. Build to Zone 4b, cadence >100 rpm's, very light gear. Recovery 5 min. between intervals. DAY 6 🚴 1:15 Zone 2, cadence 90-100 rpm's. 🚶 0:45 (optional) DAY 7 🚴 6:00 Climbing Repeats: build slowly to Zone 4b, 4 x 8 min., cadence 70-90 rpm's. Recovery 5 min. between efforts. Best on a hill at least 5 min. long.	DAY 1 🚴 3:30 Zone 2, cadence 90-100 rpm's. DAY 2 Rest Day/Cross Training or 🚶 0:45 (optional) DAY 3 🚴 2:00 Zone 2, cadence 90-100 rpm's. Power Intervals: 2 sets, 4 x 3 min., cadence 95-105 rpm's, Zone 4b. Recovery 3 min. between intervals. Recovery 8 min. between sets. DAY 4 Rest Day or 🚶 0:45 (optional) DAY 5 🚴 2:30 Zone 2 3, cadence 90-100 rpm's. DAY 6 🚴 1:00 Zone 2 3, cadence 90-100 rpm's. (optional) 🚶 0:45 DAY 7 🚴 6:30 Zone 2 3, cadence 90-100 rpm's. Hilly route; aim for a steady effort.