



# 4-WEEK BIKE PLAN

**KEY:** PE = Pedal Effectiveness SS = Sweet Spot Riding END = Endurance Riding OG = Overgeared Strength Work MB = Microbursts

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b>		<b>PE:</b> 12 x 2 min. focused pedaling; 1 min. recovery	<b>SS:</b> 10 min. @ SS, 10 min. recovery, 10 min. @ SS	<b>END:</b> 2.5 hrs.		<b>OG:</b> 5 min. as 30 sec. standing, 30 sec. seated. 5 x 5 min. low cadence, 3 min. recovery	<b>MB:</b> 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 20 min. @ Z3
<b>WEEK 2</b>		<b>PE:</b> 12 x 2 min. focused pedaling; 1 min. recovery	<b>SS:</b> 15 min. @ SS, 10 min. recovery, 15 min. @ SS	<b>END:</b> 3 hrs.		<b>OG:</b> 5 min. as 30 sec. standing, 30 sec. seated. 4 x 8 min. low cadence, 2 min. recovery	<b>MB:</b> 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 20 min. @ SS
<b>WEEK 3</b>		<b>PE:</b> 4 x 4 min. focused pedaling; 2 min. recovery	<b>SS:</b> 20 min. @ SS, 10 min. recovery, 20 min. @ SS	<b>END:</b> 2 hrs.		<b>OG:</b> 5 min. as 30 sec. standing, 30 sec. seated. 8 x 3 min. low cadence, 2 min. recovery	<b>MB:</b> 4 x (30 sec. full gas, 4.5 min. Z2) 10 min. rest 10 min. @ FTP
<b>WEEK 4</b>		<b>PE:</b> 3 x 10 min. as 1st @ 70-80 RPM, 2nd @ 80-90 RPM, 3rd @ 90-100 RPM	<b>SS:</b> 25 min. @ SS, 10 min. recovery, 25 min. @ SS	<b>END:</b> 3 hrs.		<b>OG:</b> 5 min. as 30 sec. standing, 30 sec. seated. 3 x 10 min. low cadence, 5 min. recovery	<b>MB:</b> 10 x (30 sec. @ Z5, 30 sec. easy) 10 min. recovery 30 min. @ Z3