

shutupWORK.

CYCLING PROGRAM Low Volume Base Training

SAMPLE WEEK

Week	TUESDAY	THURSDAY	SATURDAY
1	<p>FTP Test 60 minutes</p> <p>10 minute build. Spend one minute in each gear starting in Hardest in the front and Easiest in the back. Try and keep 90 rpm.</p> <p>3x1 min hard with 1 minute rest in between. Shoot for goal FTP or higher.</p> <p>5 minute spin easy</p> <p>5 minute hard. Shoot for 110% of goal FTP</p> <p>5 minute easy</p> <p>20 minute test. Make sure you build into this effort. Do not go full gas from the go or you will most likely fail resulting in a test that is not usable.</p> <p>10 minute cool down easy spin</p>	<p>60 minutes</p> <p>5 minute easy spin</p> <p>4 minutes at 70% FTP</p> <p>3 minutes at 95% FTP</p> <p>5 minute easy spin</p> <p>3x12 minute at top of zone 3 80-90% FTP</p> <p>5-10 minute easy spin warmdown</p>	<p>75 minutes</p> <p>Group ride OR</p> <p>10 minute warmup zone 1</p> <p>17 min Zone 2</p> <p>15 min bottom zone 3 or 70% of FTP</p> <p>12 min Zone 2</p> <p>12 min bottom zone 3</p> <p>Cool down 10 minutes</p>