

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Ride: 1 hr 30 min Intervals: 3 x 10-min Tempo Recovery: 5 min easy spinning	Ride: 1 hr Intervals: 3 x 2-min PowerInterval Recovery: 2 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 1 hr 30 min Intervals: 3 x 10-min Tempo Recovery: 5 min easy spinning	Ride: 1 hr 30 min
2	Rest	Ride: 1 hr Intervals: 3 x 3-min PowerInterval Recovery: 3 min easy spinning	Ride: 1 hr 30 min Intervals: 2 x 15-min Tempo Recovery: 5 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 2 x 15-min Tempo Recovery: 5 min easy spinning	Ride: 1 hr 30 min Intervals: 3 x 10-min Tempo Recovery: 5 min easy spinning
3	Rest	Ride: 1 hr Intervals: 3 x 3-min PowerInterval Recovery: 3 min easy spinning	Ride: 1 hr 30 min Intervals: 2 x 15-min Tempo Recovery: 5 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 2 x 20-min Tempo Recovery: 10 min easy spinning	Ride: 2 hr Intervals: 4 x 10-min Tempo Recovery: 5 min easy spinning
4	Rest	Ride: 1 hr	Ride: 1 hr	Optional 45-min Recovery Miles ride	Rest	Ride: 1 hr	Ride: 1 hr 30 min
5	Rest	Ride: 1 hr Intervals: 2 x 8-min SteadyState Recovery: 6 min easy spinning	Ride: 1 hr 30 min Intervals: 3 x 2-min FastPedal Recovery: 5 min easy cruising	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 2 x 8-min SteadyState Recovery: 6 min easy spinning	Ride: 2 hr
6	Rest	Ride: 1 hr 30 min Intervals: 3 x 3-min PowerInterval Recovery: 3 min easy spinning	Ride: 1 hr 30 min Intervals: 2 x 10-min SteadyState Recovery: 6 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 2 x 10-min SteadyState Recovery: 6 min easy spinning	Ride: 2 hr 30 min
7	Rest	Ride: 1 hr 30 min Intervals: 4 x 3-min PowerInterval Recovery: 3 min easy spinning	Ride: 1 hr 30 min Intervals: 3 x 8-min SteadyState Recovery: 6 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 3 x 8-min SteadyState Recovery: 6 min easy spinning	Ride: 3hr
8	Rest	Ride: 1 hr	Ride: 1 hr Intervals: 3 x 2-min FastPedal Recovery: 5 min easy cruising	Optional 45-min Recovery Miles ride	Rest	Ride: 1 hr 30 min	Ride: 1 hr 30 min
9	Rest	Ride: 1 hr 30 min Intervals: 4 x 3-min PowerInterval Recovery: 2 min easy spinning	Ride: 1 hr 30 min Intervals: 3 x 10-min SteadyState Recovery: 6 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 4 x 3-min PowerInterval Recovery: 2 min easy spinning	Ride: 3 hr
10	Rest	Ride: 1 hr 30 min Intervals: 6 x 2-min PowerInterval Recovery: 2 min easy spinning	Ride: 1 hr 30 min Intervals: 6 x 2-min PowerInterval Recovery: 2 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 2 hr Intervals: 3 x 12-min SteadyState Recovery: 6 min easy spinning	Ride: 3 hr 30 min
11	Rest	Ride: 1 hr 30 min Intervals: 6 x 2-min PowerInterval Recovery: 1.5 min easy spinning	Ride: 1 hr 30 min Intervals: 6 x 2-min PowerInterval Recovery: 2 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 3 hr	Ride: 2 hr
12	Rest	Ride: 1 hr Intervals: 3 x 2-min FastPedal Recovery: 5 min easy cruising	Ride: 1 hr 30 min Intervals: 3 x 10-min SteadyState Recovery: 6 min easy spinning	Optional 45-min Recovery Miles ride	Rest	Ride: 1 hr Intervals: 3 x 2-min FastPedal Recovery: 5 min easy cruising	Event