

TRAINING CALENDAR

ADVANCED 4-8 HOURS A WEEK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1 TRAINING	REST DAY LINK TRAINING BASICS FOR NEW AND NOT SO NEW RIDERS:	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	REST DAY	ENDURANCE STRETCH RIDE: 2HRS RPE3, ZONE 2	4HRS/ 3 DAYS RIDING
WEEK 2 TRAINING	REST DAY LINK INTRODUCTION TO ZONES:	1HR EASY ENDURANCE RIDE, INCLUDING 2X10MIN 'MODERATE' EFFORTS RPE 5, WITH 5MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE GROUP RIDE, RPE 3, ZONE 2	ENDURANCE STRETCH RIDE: 1HR 45MIN RPE3, ZONE 2	4HRS 45MIN/ 4 DAYS RIDING
WEEK 3 TRAINING	REST DAY LINK MORE ON ZONES:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN SUSTAINED 'MODERATE' EFFORTS RPE 5, WITH 3MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE GROUP RIDE, RPE 3, ZONE 2	ENDURANCE STRETCH RIDE: 2HRS 15MIN RPE3, ZONE 2	5HRS 30MIN/ 4 DAYS RIDING
WEEK 4 TRAINING	REST DAY LINK DRESSING FOR SUCCESS!	1HR VERY EASY ENDURANCE RIDE, RPE 2, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR VERY EASY ENDURANCE RIDE, RPE 2, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	REST DAY	ENDURANCE STRETCH RIDE: 1HR 30MIN RPE3, ZONE 2 LINK TIPS TO MAKE YOUR TRAINING MORE SUCCESSFUL	3HRS 30MIN/ 3 DAYS RIDING
WEEK 5 TRAINING	REST DAY LINK GROUP RIDING ETIQUETTE:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN 'FIRM' EFFORTS RPE 7, ZONE 4 WITH 3MIN RI (ZOLNE 1)	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 30MIN EASY TO MODERATE GROUP RIDE, RPE 5, ZONE 3 OR 1HR EASY WITH 4X4MIN VERY HARD RPE 8, ZONE 5, 4MIN RI	ENDURANCE STRETCH RIDE: 2HRS RPE3, ZONE 2	6HRS/ 4 DAYS RIDING
WEEK 6 TRAINING	REST DAY LINK NUTRITION BASICS	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 4X10MIN 'FIRM' EFFORTS RPE 7, ZONE 4, WITH 3MIN RI (ZONE 1)	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 30MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 30MIN EASY TO MODERATE GROUP RIDE, RPE 5, ZONE 3 OR 1HR EASY WITH 4X5MIN VERY HARD RPE 8, ZONE 5, 4MIN RI	ENDURANCE STRETCH RIDE: 2HRS 45MIN RPE3, ZONE 2	7HRS/ 4 DAYS RIDING
WEEK 7 TRAINING	REST DAY LINK MENTAL SKILLS FOR DOING HARD THINGS	1HR 30MIN EASY ENDURANCE RIDE, INCLUDING 2X20MIN 'FIRM' EFFORTS RPE 7, ZONE 4, WITH 3MIN RI (ZONE 1)	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 30MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 30MIN EASY ENDURANCE GROUP RIDE, RPE 3, ZONE 2.	ENDURANCE STRETCH RIDE: 3HR 30MIN RPE3, ZONE 2	8HRS/ 4 DAYS RIDING
WEEK 8 TRAINING	REST DAY	REST DAY	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, 2X3MIN 'FIRM' EFFORTS RPE 6-7, ZONE 4, REMAINED VERY EASY		1HR 30MIN + B2GC