

**2025**



# **TRAINING PLAN**

**12 WEEKS**

Spreadsheet

**3X**

in the week

Hello Galacticos.

My name is Patrick, I am a professional mountain and road cyclist and also a student of a degree in Physical Education.

As an experienced athlete, I would like to share some valuable techniques I have learned over time that have helped me evolve in my athletic career.

In our Sports Coaching and our programs, we involve several qualified professionals, from physical education teachers, nutritionists, and athletes linked to cycling, to offer our followers the best possible content for success in this constantly growing sport in our country.

It is important to keep in mind that the nutrition guide and menus we present are only options that I personally use and may not be suitable for all athletes. Each individual is unique and has different nutritional needs depending on their goals, training level, and physiological characteristics. Therefore, it is always important to consult with a sports nutritionist for personalized guidance and specific amounts regarding food and supplementation.

I believe that providing the best possible content that has helped me evolve in relation to training, nutrition, and other aspects of cycling is essential to helping athletes achieve their goals.

Our goal is to share valuable knowledge and information with our followers, always based on scientific evidence and the experience of renowned athletes and professionals from the world of cycling.



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Now is when things really start to get serious, time to apply and put into practice the training, diet, and everything you've learned, and see your progress in just a few weeks.

No matter what your cycling goals are, a good cycling training plan will definitely help you achieve them better and faster.

Before choosing and planning your workouts, you should define your training zones, as this is how you'll control your intensity.

First, you need to determine how many days a week you can ride your bike so you can plan your training.

One of the training models most coaches of the world's best cyclists use is the famous 3x1: Three weeks of growth, one week of recovery. In the three growth weeks, you increase the workload and intensity each week, and in the fourth week, you don't train shooting, you only train in zones 2 and 3, and in some cases, Z4, also decreasing the workload.

The three main workouts you should do during the week are: 1 Interval Training, the famous Shooting workout, 1 Continuous Training and 1 Long Training, always putting a light workout or rest day, after a long workout or shooting workout.

# SPREADSHEET

## 3X A WEEK

**Example: I train 3 times a week.**

MONDAY: No training.

TUESDAY: INTERVAL TRAINING - WORK ON SPECIFICITY

WEDNESDAY: No training.

THURSDAY: No training.

FRIDAY: CONTINUOUS TRAINING

SATURDAY: No training.

SUNDAY: LONG WORKOUT - ENDURANCE

### Example spreadsheet: TRAINING 3 TIMES A WEEK

#### 1st WEEK OF TRAINING

**MONDAY:** No training.

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Do 6 1-minute uphill sprints at Z5, with 4 minutes at Z2 between sprints – Finish with 25 minutes at Z2. CLIMBS BETWEEN 5 AND 10% GRAVITY.

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**WEDNESDAY:** No training.

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**THURSDAY:** No training.

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**FRIDAY:** 1:30-hour cycle, varying between Z2 and Z3. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training.

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**SUNDAY:** 3:30-hour cycle at Z2 and Z3. Can be asphalt or gravel. Be able to reach Z4 low on climbs. THIS TRAINING CAN BE DONE IN A GROUP

# SPREADSHEET

## 3X A WEEK

### 2ND WEEK OF TRAINING

**MONDAY:** No training.

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Do 8 uphill sprints of 1 minute at Z5, with 3 minutes at Z2 between sprints – Finish with 25 minutes at Z2.

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**WEDNESDAY:** No training.

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**THURSDAY:** No training.

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**FRIDAY:** Cycle for 1:30 to 2 hours, varying between Z2 and Z3. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training.

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**SUNDAY:** Cycle for 3 hours at Z2 and Z3. This can be asphalt or gravel, with the possibility of reaching low Z4s on climbs.

THIS TRAINING CAN BE DONE IN A GROUP

# SPREADSHEET

## 3X A WEEK

### WEEK 3 OF TRAINING

**MONDAY:** No training.

**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 – Do 3 bursts of 8 minutes on the flat at Z4, with 5 minutes at Z2 between bursts – Finish with 20 minutes at Z2.

**WEDNESDAY:** No training.

**THURSDAY OR FRIDAY:** Cycle 20 minutes at Z2 + 1 hour, varying between Z2 and Z3, and Z4 on steep climbs + 20 minutes of cool-down at Z2 at the end.

During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

**SATURDAY:** No training.

**SUNDAY:** Cycle 4 hours at Z2 and Z3. It can be asphalt, dirt, or trail, and you can reach low Z4s on climbs. THIS EXERCISE CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 3X A WEEK

### WEEK 4 OF TRAINING - RECOVERY

**MONDAY:** No training

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**TUESDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2. During your warm-up, work on pedaling efficiency by pedaling for 5 minutes during your warm-up.

Warm up for 30 seconds on one leg and 30 seconds on the other.

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**SATURDAY:** No training

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**SATURDAY OR SUNDAY:** Cycle for 3 hours at Z2 and Z3. This can be on asphalt or gravel, with the possibility of reaching low Z4s on climbs. THIS EXERCISE CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK, MONTH 2

#### WEEK 1

**MONDAY:** No training

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Do 10 uphill sprints of 1 minute at Z5, with 3 minutes at Z2 between sprints – Finish with 25 minutes at Z2. CLIMBS BETWEEN 5 AND 10% GRAVES, ALTERNATE SITTING AND STANDING.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle for 1:30 hours, alternating between Z2 and Z3. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY OR SUNDAY:** 4-hour cycle in Z2 and Z3. This can be asphalt or dirt and trail, with the possibility of reaching the low Z4 on climbs. THIS EXERCISE CAN BE DONE IN A GROUP.

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 2ND OF THE MONTH 2ND WEEK OF TRAINING

**MONDAY:** No training

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Perform 8 2-minute uphill sprints at Z5, with 3 minutes at Z2 between sprints – Finish with 20 minutes at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle for 1h30 to 2h, varying between Z2 and Z3, attacking the climbs at Z4. Warm-up and cool-down. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training

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**SUNDAY:** Cycle from 4 to 4:30 a.m. on Z2 and Z3. This could be paved or trail-based, allowing you to reach Z4 downhill.

THIS EXERCISE CAN BE DONE IN A GROUP

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 2ND MONTH 3RD WEEK OF TRAINING

**MONDAY:** No training

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**TUESDAY:** Cycle 20 min at Z2 + 5 min at Z3 – Do 3 bursts of 10 min on the flat at Z4, with 5 min at Z2 between bursts – Finish with 25 min at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle 25 min at Z2 + 45 min varying at Z3 and Z4, maintaining pace at Z4 on the uphill + 25 min cool-down at Z2. During the warm-up, work on pedaling efficiency, pedaling for 5 minutes during the warm-up: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training

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**SUNDAY:** 4-hour cycle at speeds 2 and 3. This can be asphalt, dirt, or trail, and you can reach low speeds 4 on climbs. THIS WORKOUT CAN BE DONE IN A GROUP

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 2ND MONTH

#### WEEK 4 - ACTIVE RECOVERY

**MONDAY:** No training

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**TUESDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training

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**SUNDAY:** Cycle 3 hours at Z2 and Z3. This can be asphalt or gravel, with the possibility of reaching low Z4s on climbs.

THIS EXERCISE CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK, 3RD MONTH

#### WEEK 1

**MONDAY:** No training

**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Do 12 1-minute uphill sprints at Z5, with 3 minutes at Z2 between sprints – Finish with 25 minutes at Z2. CLIMBS BETWEEN 5 AND 10% GRADES, ALTERNATE SITTING AND STANDING.

**WEDNESDAY:** No training

**THURSDAY:** No training

**FRIDAY:** Cycle for 1:30 to 2 hours, varying between Z2 and Z3. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

**SATURDAY:** No training

**SUNDAY:** 4-hour cycle in Z2 and Z3. This can be asphalt or dirt and trail, with the possibility of reaching the low Z4 on climbs. THIS WORKOUT CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 3RD MONTH 2ND WEEK OF TRAINING

**MONDAY:** No training

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4 – Do 8 3-minute uphill sprints at Z5, with 5 minutes at Z2 between sprints – Finish with 20 minutes at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle for 2 hours, varying between Z2 and Z3, attacking the climbs at Z4. Warm-up and cool-down. During the warm-up, work on your pedaling efficiency by cycling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training

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**SUNDAY:** Cycle from 4 to 4:30 a.m. on Z2 and Z3. This can be asphalt or dirt and trails, with the possibility of climbing to Z4. This workout can be done in a group.

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 3 MONTH

#### 3RD WEEK OF TRAINING

**MONDAY:** No training

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**TUESDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3. Do three 15-minute bursts on flat or uphill Z4, with 5 minutes at Z2 between bursts. Finish with 25 minutes at Z2.

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**WEDNESDAY:** No training

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**THURSDAY:** No training

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**FRIDAY:** Cycle 25 minutes at Z2 + 45 minutes at Z3, maintaining a Z4 pace on the uphill sections + 25 minutes of cool-down at Z2. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

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**SATURDAY:** No training

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**SUNDAY:** 5-hour or longer ride at speeds of 2 and 3. This can be paved, dirt, or trail, and you can reach low speeds of 4 on climbs. This exercise can be done in a group.

# SPREADSHEET

## 3X A WEEK

### TRAINING 3 TIMES A WEEK 3RD MONTH

#### WEEK 4 - ACTIVE RECOVERY

**MONDAY:** No training

**TUESDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2.

**WEDNESDAY:** No training

**THURSDAY:** No training

**FRIDAY:** Cycle 15 minutes at Z2 + 1 hour varying between Z2 and Z3 + 15 minutes cool-down at Z2. During the warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

**SATURDAY:** No training

**SUNDAY:** Cycle 3 hours at Z2 and Z3. This can be asphalt or gravel, with the possibility of reaching low Z4s on climbs. THIS TRAINING CAN BE DONE IN A GROUP (OR YOU CAN DO A SIMULATION)

**END OF CYCLE!!!!**