

**2025**



# **TRAINING PLAN**

**12 WEEKS**

Spreadsheet

**4X**

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

## 4X A WEEK

**Example: I train 4 times a week.**

MONDAY: FREE

TUESDAY: Z5 HILL INTERVAL TRAINING

WEDNESDAY: FREE

THURSDAY: HILL INTERVAL TRAINING OR Z4 PLAN

FRIDAY: FREE

SATURDAY: CONTINUOUS TRAINING

SUNDAY: LONG WORKOUT

Example spreadsheet: TRAINING 4 TIMES A WEEK, FIRST MONTH WEEK 1  
**WEEK 1**

**MONDAY:** No training.

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

**WEDNESDAY:** No training

**THURSDAY:** 20-minute cycle at Z2 + 5 minutes at Z3 – Do three 8-minute bursts on the flat at Z4, with 5 minutes at Z2 between bursts – Finish with 25 minutes at Z2.

**FRIDAY:** No training

**SATURDAY:** 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.

**SUNDAY:** 3:30-hour cycle at Z2 and Z3. This can be asphalt or dirt, with the possibility of reaching low Z4s on climbs. THIS WORKOUT CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 4X 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:** Cycle 20 minutes at Z2 + 5 minutes at Z3 – Do 3 bursts of 10 minutes on the flat at Z4, with 5 minutes at Z2 between bursts – Finish with 25 minutes at Z2.

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**FRIDAY:** No training

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**SATURDAY:** Cycle for 1:30 to 2 hours, varying between Z2 and Z3. During your 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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**SUNDAY:** 3-hour cycle at Z2 and Z3. This can be done on asphalt or dirt, with the possibility of reaching low Z4s on climbs. THIS EXERCISE CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 4X A WEEK

### WEEK 3 OF TRAINING

**MONDAY:** No training

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

SPIN 8 minutes in Zone 2.

Do four 1-minute uphill sprints at Z5, with 3 minutes at Z2 between sprints – Finish with 20 minutes at Z2.

**WEDNESDAY:** No training

**THURSDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 – Do three 12-minute flat sprints at Z4, with 8 minutes at Z2 between sprints – Finish with 25 minutes at Z2. During your warm-up, work on your pedaling efficiency by pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

**FRIDAY:** No workout.

**SATURDAY:** Cycle for 2 hours, varying between Z2 and Z3, and climb at a brisk pace up hills. This can be done on dirt or pavement.

**SUNDAY:** Cycle for 4 hours at Z2 and Z3. This can be done on pavement, dirt, or trail, and you can reach low Z4 on climbs. THIS WORKOUT CAN BE DONE IN A GROUP

# SPREADSHEET

## 4X 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:** 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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**FRIDAY:** No training

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**SATURDAY:** Cycle 1:30 to 2 hours off, Z2 to Z4.

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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

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 2ND MONTH

#### WEEK 1

**MONDAY:** No training

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

**WEDNESDAY:** No training

**THURSDAY:** Cycle 20 min at Z2 + 5 min at Z3 – Do 3 flat bursts of 12 min at Z4, with 5 min at Z2 between bursts – Finish with 25 min at Z2.

**FRIDAY:** No training

**SATURDAY:** 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.

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



# SPREADSHEET

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 2ND MONTH

#### 2ND WEEK OF TRAINING

**MONDAY:** No training

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

**WEDNESDAY:** No training

**THURSDAY:** Cycle 20 minutes at Z2 + 5 minutes at Z3 – Do 3 15-minute flat bursts at Z4, with 8 minutes at Z2 between bursts – Finish with 25 minutes at Z2.

**FRIDAY:** No training

**SATURDAY:** Cycle for 1:30 to 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 pedaling for 5 minutes: 30 seconds on one leg, 30 seconds on the other.

**SUNDAY:** Cycle from 4 to 4:30 am at Z2 and Z3. This can be asphalt or dirt and trails, with the possibility of reaching Z4 on hills. THIS WORKOUT CAN BE DONE IN A GROUP.

# SPREADSHEET

## 4X A WEEK

### ENTRENAMIENTO 4 VECES POR SEMANA 2DO MES

#### 3ª SEMANA DE ENTRENAMIENTO

**LUNES:** Sin entrenamiento

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**MARTES:** Ciclo de 20 min en z2 + 5 min en z3 – Hacer 3 ráfagas de 10 min en llano en z4, con 5 min en z2 entre ráfagas – Terminar con 25 min en z2.

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**MIÉRCOLES:** Sin entrenamiento

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**JUEVES:** Ciclo de 20 min en z2 + 5 min en z3 – Hacer 2 ráfagas de 15 min en llano en z4, con 5 min en z2 entre ráfagas – Terminar con 25 min en z2.

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**VIERNES:** Sin entrenamiento

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**SÁBADO:** Pedalear 25min en z2 + 45min variando en z3 y z4 manteniendo ritmo en z4 en subida + 25min enfriamiento en z2. Durante el calentamiento, trabaje la eficiencia del pedaleo pedaleando durante 5 minutos y durante 30 segundos con una pierna, 30 segundos con la otra.

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**DOMINGO:** Ciclo de 4 horas en z2 y z3. Puede ser asfalto, tierra o sendero, y puede alcanzar z4 bajos en subidas. ESTE EJERCICIO SE PUEDE REALIZAR EN GRUPO

# SPREADSHEET

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 2ND MONTH

#### WEEK 4 - ACTIVE RECOVERY

**MONDAY:** No training

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

**WEDNESDAY:** No training

**THURSDAY:** Cycle 15 minutes at Z2 + 1 hour alternating 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.

**FRIDAY:** No training

**SATURDAY:** Cycle 2 hours free, Z2 to Z4.

**SUNDAY:** Cycle 3 hours at Z2 and Z3. It can be asphalt or dirt, and you can reach low Z4s on climbs. This exercise can be done in a group.

# SPREADSHEET

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 3RD MONTH

#### WEEK 1

**MONDAY:** No training

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

**WEDNESDAY:** No training

**THURSDAY:** Cycle 20 min at Z2 + 5 min at Z3 – Do two 20-minute flat bursts at Z4, with 10 min at Z2 between bursts – Finish with 25 min at Z2.

**FRIDAY:** No training

**SATURDAY:** 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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**SUNDAY:** Cycle for 4 hours at Z2 and Z3. This can be on asphalt or dirt and trails, with the possibility of reaching the low Z4 on climbs. THIS WORKOUT CAN BE PERFORMED IN A GROUP

# SPREADSHEET

## 4X A WEEK

### TRAINING 4 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 uphill sprints of 3 minutes 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:** Cycle 20 minutes at Z2 + 5 minutes at Z3 – Do two bursts of 25 minutes on the flat at Z4, with 12 minutes at Z2 between bursts – Finish with 25 minutes at Z2.

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**FRIDAY:** No training

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

**SUNDAY:** Cycle from 4 to 4:30 a.m. at Z2 and Z3. This can be asphalt or dirt and trails, with the possibility of reaching Z4 on hills. THIS EXERCISE CAN BE PERFORMED IN A GROUP.

# SPREADSHEET

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 3RD 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 15 min on flat or uphill 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:** Cycle 20 min at Z2 + 5 min at Z3 – Do 2 bursts of 25 min on flat Z4, with 10 min at Z2 between bursts – Finish with 25 min at Z2.

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**FRIDAY:** No training

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

**SUNDAY:** Ride for 5 hours or more at Z2 and Z3. This can be on pavement, dirt, or trail, and you can reach low Z4s on climbs. THIS WORKOUT CAN BE DONE IN A GROUP

# SPREADSHEET

## 4X A WEEK

### TRAINING 4 TIMES A WEEK 3RD MONTH

#### FOURTH WEEK OF TRAINING

**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:** 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.

**FRIDAY:** No training

**SATURDAY:** Cycle 2 hours, Z2 to Z4. STABILIZING Z4 ON CLIMBS

**SUNDAY:** Cycle 3 hours at Z2 and Z3. It can be asphalt or dirt, and you can reach low Z4s on climbs. THIS WORKOUT CAN BE DONE IN A GROUP (OR YOU CAN SIMULATE IT)

**END OF CYCLE!!!!**