

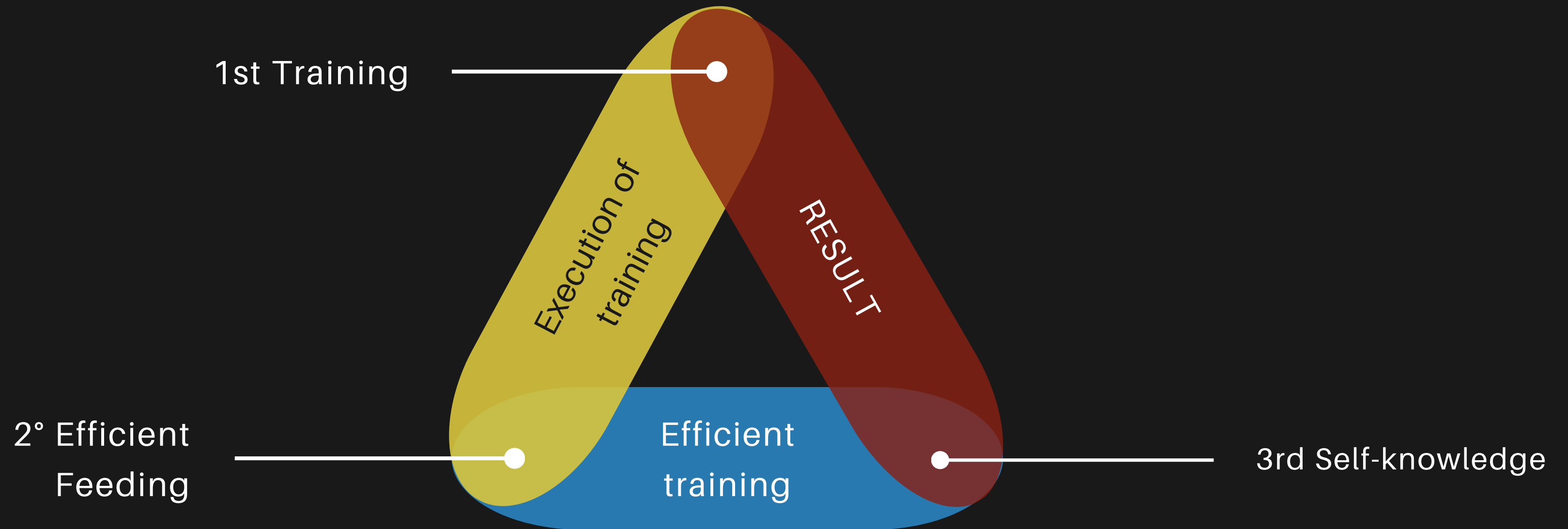


TRAINING PLAN

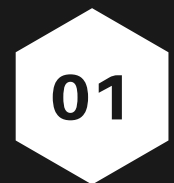
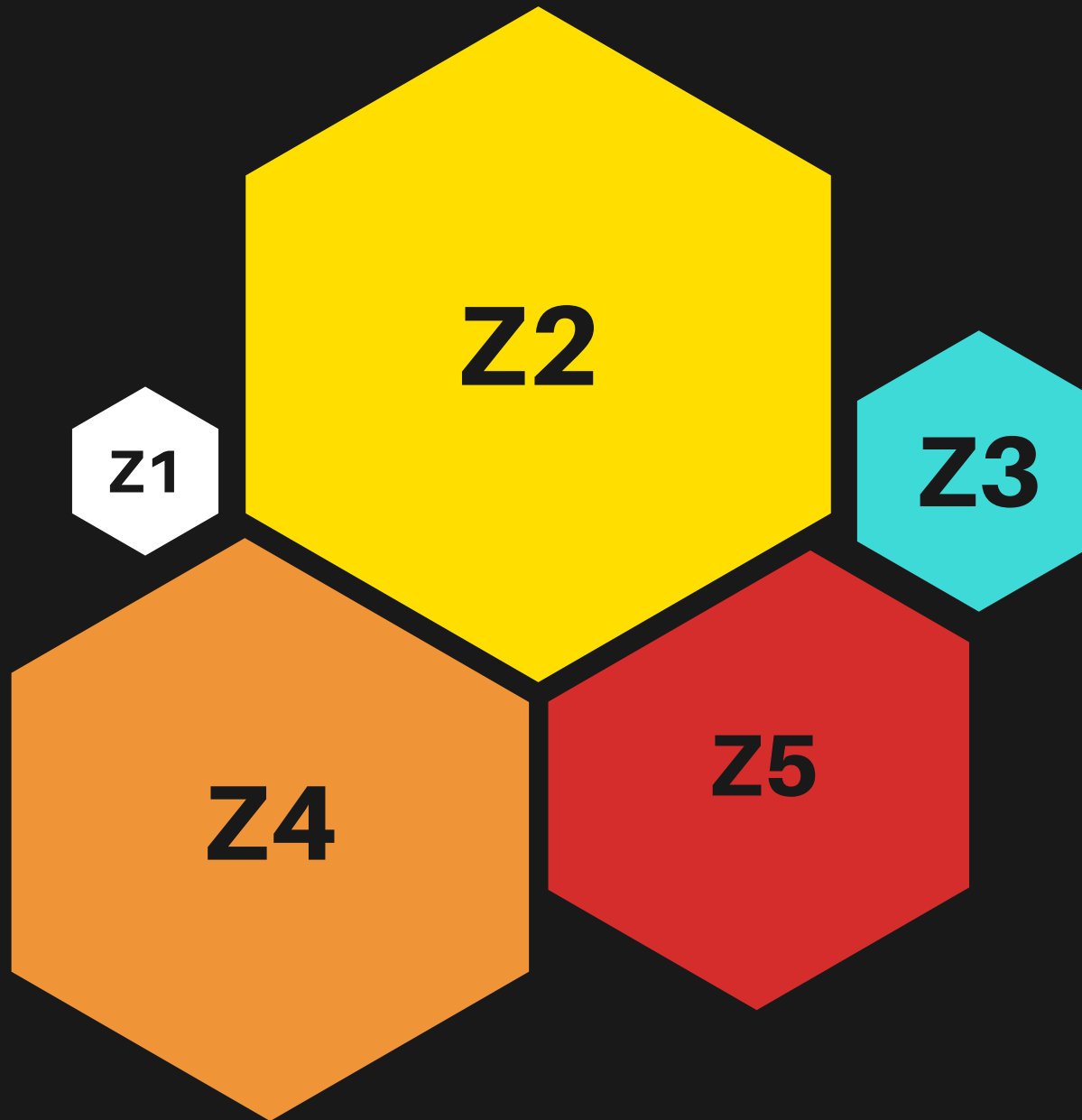
ANNUAL – 12 MONTHS

Training plan - 12 weeks

Evolutionary triad in cycling



Training zones



01 Z1 - Active Recovery



02 Z2 - Endurance



03 Z3 - Resistance

Z4 - Lactate
threshold



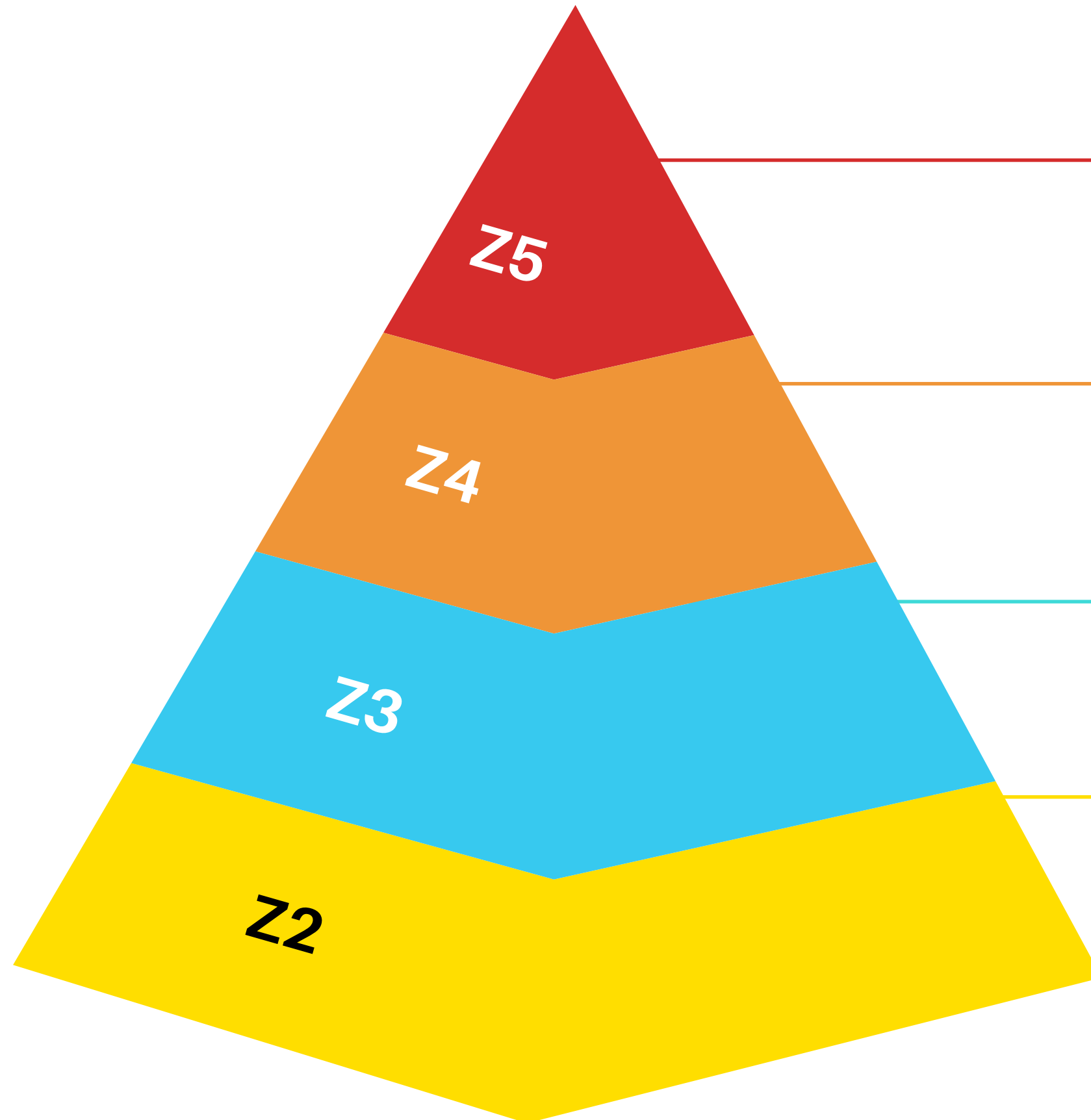
04

Z5 - Vo2max



05

TRAINING



(INTERVAL TRAINING) Z5

Cycle of 20 minutes at Z2 + 5 minutes at Z3 + 5 minutes at Z4. Take 8 1-minute shots at Z5 with 3 minutes of active recovery at Z2. Finish with 25 minutes at Z2.

(INTERVAL TRAINING) Z4

Cycle 1:45 to 2 hours in zones 2 and 3. You can push hard as you climb to race pace. It's best to do the Off-Terrain training, which is your focus for progress.

RHYTHM - Z3 AND Z4

Ciclo 1:45 a 2h zonas 2 y 3. Puedes empujar fuerte en el sube al ritmo de carrera. Preferiblemente hacer la capacitación No Terreno que es tu foco para evolucionar.

MILD TO MODERATE - Z2 AND Z3

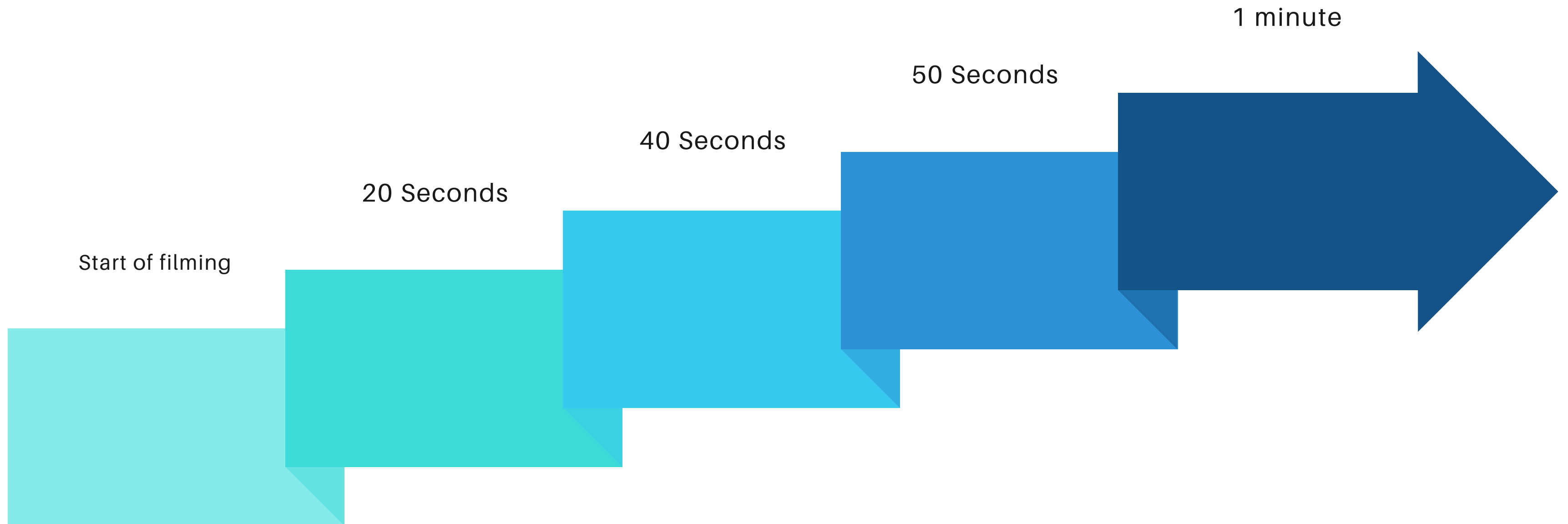
Pedal 1:30 in z2 and Z3 varying.

LONG RACE - Z2 AND Z3

4-hour cycle in zones 2 and 3. Dirt or asphalt.

Zone reaction time

Acceleration



Zone reaction time

Deceleration

