

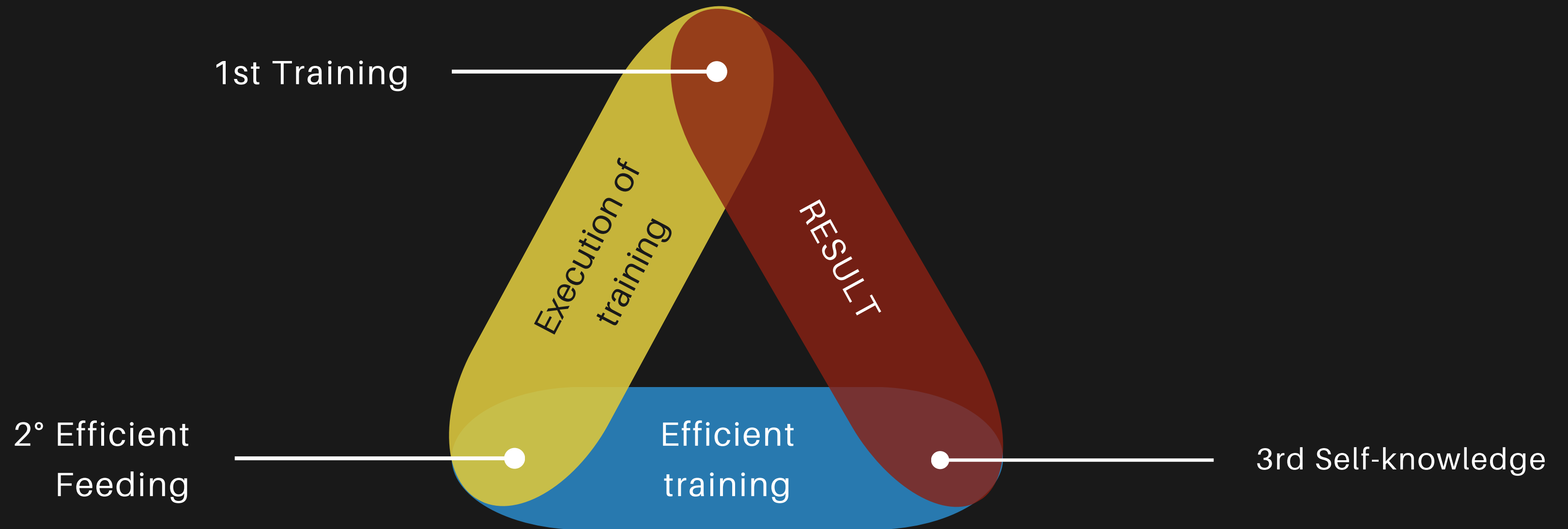


# **TRAINING PLAN**

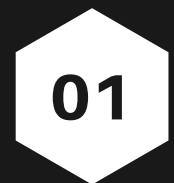
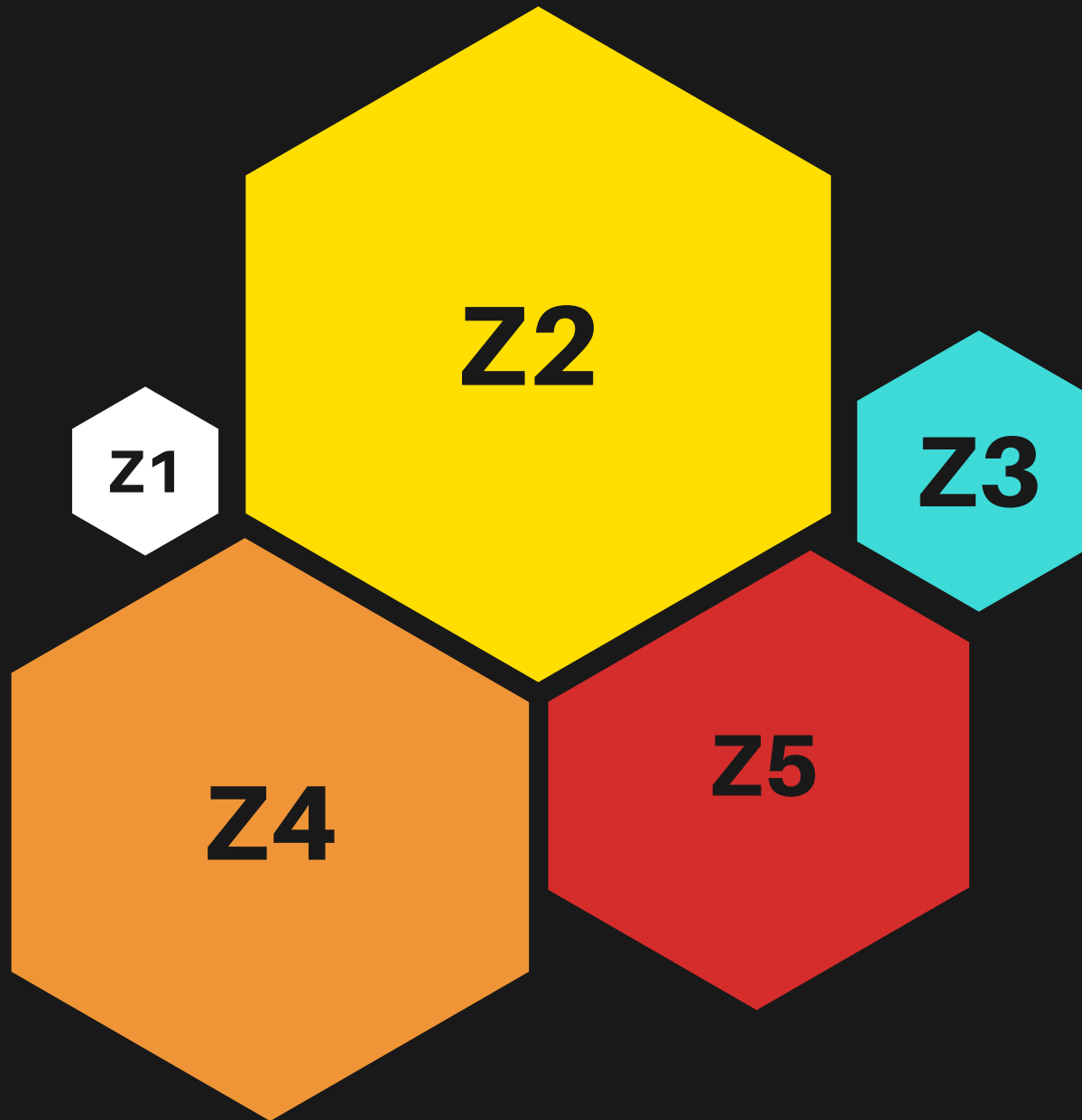
**12 WEEKS**

# Training plan - 12 weeks

Evolutionary triad in cycling



# Training zones



01 Z1 - Active Recovery



02 Z2 - Endurance



03 Z3 - Resistance

Z4 - Lactate  
threshold



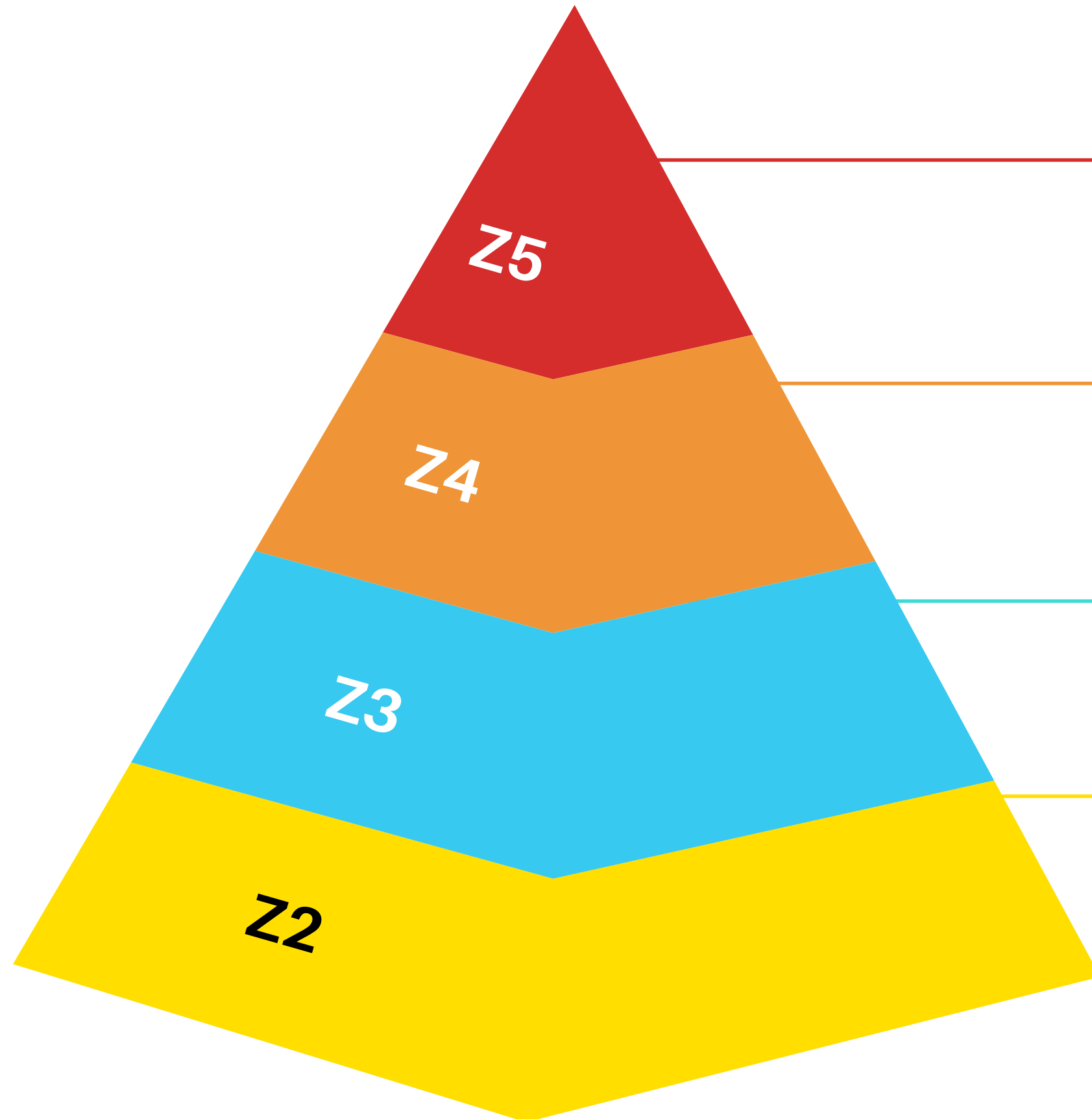
04

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**

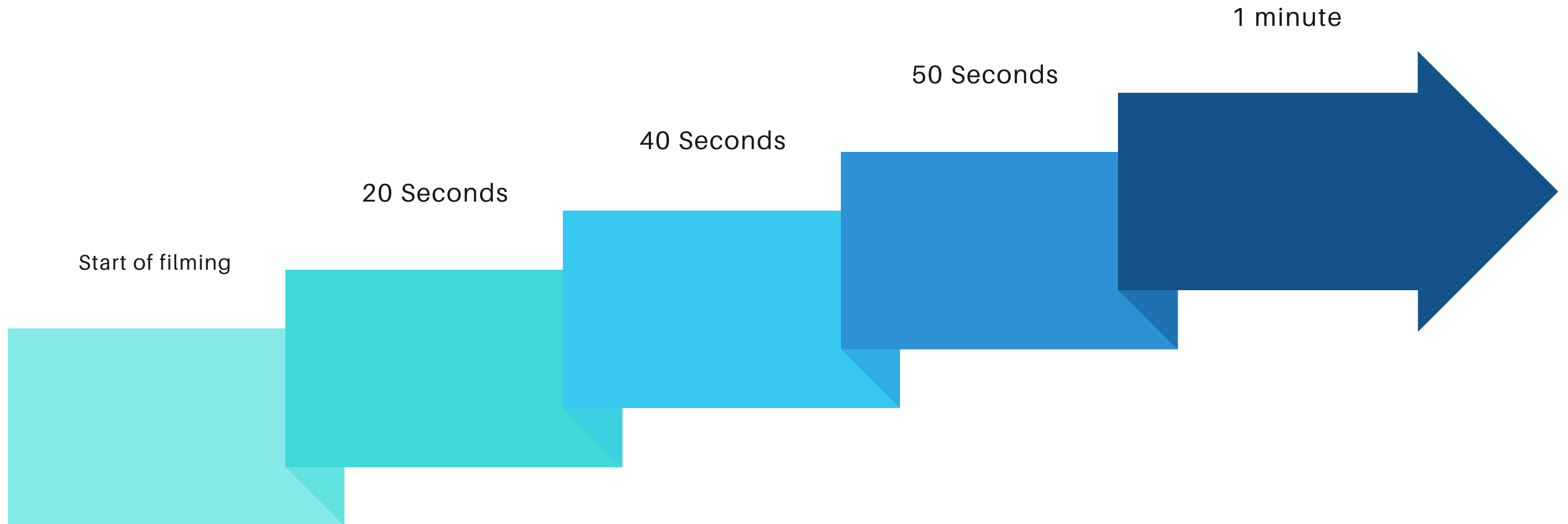
Pedal 1:30 in z2 and Z3 varying.

## **LONG RACE - Z2 AND Z3**

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

# Zone reaction time

## Acceleration



# Zone reaction time

## **Deceleration**

