

**2025**



# **TRAINING PLAN**

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**ANNUAL – 12 MONTHS**

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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**Patrick**  
CEO & FOUNDER



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**Nelson Andrade**  
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Now's when things really start to get serious, time to apply and put your training, diet, and everything you've covered into practice, and see your progress in just a few weeks.

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

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

First, you need to define how many days a week you can ride a 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 for shots; you only train in zones 2 and 3, and in some cases, Z4, you are 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.

## **WEEKLY WORKOUTS - 4X A WEEK**

### **GENERAL PREPARATION WEEK (August 12th to August 18th)** **ACTIVE RECOVERY WEEK**

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(LIGHT TRAINING)

**Tuesday** - Cycling 1:30h in z2. MAY BE DIRT OR ASPHALT.

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**WEDNESDAY** - OFF

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(LIGHT TRAINING)

**THURSDAY** - Pedal 1:30 in z2, in the last 5 minutes pedal with only one leg, alternating, to work on pedaling efficiency. CAN BE ON DIRT OR ASPHALT.

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**FRIDAY** - OFF

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(CONTINUOUS RHYTHM TRAINING)

**Saturday** - Cycle for 2 to 2:30 hours in zones 3 and 4. Do a simulated race pace, comparing your physical sensations and times with previous intense workouts. (SHARE YOUR RESULTS AND EXPERIENCE IN THE GROUP)

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(LONG WORKOUT)

**Sunday** - Cycle 3 hours in zones 2 and 3. Dirt or asphalt, look for flatter sections and do it very lightly.

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**Monday** - OFF