

2025



TRAINING PLAN

ANNUAL – 12 MONTHS

Spreadsheet

5X

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.



Patrick
CEO & FOUNDER



Nelson Andrade
RESPONSÁVEL TÉCNICO
REF: 049889-G/MG



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.

BASIC PREPARATION TRAINING FOR 5 times a week

BASE PREPARATION WEEK

(RECOVERY WEEK WITHOUT STIMULI (20/01 TO 26/01/2026))

.

(REGENERATIVE TRAINING)

Tuesday - 1:30h ride in zones 1 and 2. This can be on dirt or...
As flat as possible asphalt.

.

(LIGHT TRAINING)

WEDNESDAY - Cycle for 1:30 in Zone 2. This can be on dirt or paved roads.

.

(MODERATE TRAINING)

THURSDAY - Cycle for 1:30 to 2 hours in zones 2 and 3. This can be on dirt or asphalt; for the last 5 minutes, cycle with one leg only, alternating.
to work on the smooth pedal stroke.

.

Friday - Off

.

(CONTINUOUS TRAINING)

Saturday - Cycling 1:45 to 2h zones 2 and 3 (MAYBE ARRIVE)
In Zone 4 uphill... Ideally, do the training on terrain where you focus on improving.

.

(LONG TRAINING)

Sunday - 4-hour bike ride in zones 2 and 3. Dirt or asphalt, more...
With less elevation gain and rolling, do 5 sprints of 30 seconds maximum during this workout, preferably when you are going uphill.

.

Monday - Rest Day Off