

Week		Volume (hh:mm)	Workout (type – details)						
<b>Period 1: Base</b>									
No.	End		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	06/Jan	07:50	FREE	Z4 S – 20min @ 90% FTP	Weights	Z2 – 1:15	Z3 – 1:15	Weights	Z2/3 – 2:00 Group ride
2	13/Jan	06:40	FREE	Z4 S – 25min @ 90% FTP	Weights Z2 – 1:00	Z2 – 1:15	Weights	Z2/3 – 2:00 Group Ride	FREE
3	20/Jan	07:45	Z4 S – 30min @ 90% FTP	Z2 – 1:15 Weights	Z2 – 1:00	Z3 – 1:00	Weights	Z2/3 – 2:00 Group Ride	FREE
4	27/Jan	09:15	Z4 S – 40min @ 92% FTP	Z2 – 1:30 Weights	Z2 – 1:00	Z3 – 1:15	Weights	Z2/3 – 2:00 Group Ride	FREE
5	03/Feb	10:40	Z4 S – 40min @ 92% FTP (TT)	Z2 – 1:15 Weights	Z2 – 1:15 (TT)	Z3 – 1:30 (TT)	Z2 – 1:00 Weights	Z2/3 – 2:00 Group Ride	FREE
6	10/Feb	10:50	Z4 S – 40min @ 94% FTP (TT)	Z2 – 1:15 Weights	Z2 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	FREE
7	17/Feb	10:50	Z4 S – 40min @ 94% FTP (TT)	Z2 – 1:15 Weights	Z2 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	FREE
8	24/Feb	10:55	Z4 S – 45min @ 94% FTP (TT)	Z2 – 1:15 Weights	Z3 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	FREE
9	03/Mar	10:50	Z4 S – 40min @ 96% FTP (TT)	Z2 – 1:15 Weights	Z3 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	FREE
10	10/Mar	10:50	Z4 S – 40min @ 96% FTP (TT)	Z2 – 1:15 Weights	Z3 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	FREE
11	17/Mar	15:50	Z4 S – 2x30min @ 96% FTP (TT)	Z2 – 1:15 Weights	Z3 – 1:30 (TT)	Z3 – 1:30 (TT)	Z2 – 1:15 Weights	Z2/3 – 2:00 Group Ride	Z2 – 4:00
12	24/Mar	08:00	FREE	Weights	Z2 – 1:00	Z3 – 1:15	Weights	Z2 – 2:30	Z2 – 1:15 (TT)
<b>Phase 2: Build</b>									
13	31/Mar	09:15	Weights	Z2/3 – 2:00 Group Ride	Z1/2 – 1:00	Z5 – 1:00 Training Crit	FREE	Z2 – 2:15 Core Exercises	5x5min @ FTP+ (TT)
14	07/Apr	09:30	Weights	Z2/3 – 2:00 Group Ride	Z1/2 – 1:00	Z5 – 1:00 Training Crit	FREE	Z2 – 2:30 (TT) Core Exercises	5x5min @ FTP+ (TT)
15	14/Apr	~06:00	Weights	Z2/3 – 2:00 Group Ride	Z2 – 1:15 (TT)	5x5min @ FTP+ (TT)	FREE	Z1 – 0:45 (TT)	ITT TijdrijdersCup
16	21/Apr	???	FREE	Z2/3 – 2:00 Group Ride	5x5min @ FTP+ (TT)	FREE	Z1 – 0:45	RR Omloop Land Kleine Hein	FREE
17	28/Apr	11:00	Weights	Z2/3 – 2:00 Group Ride	Z2 – 1:15	Z5 – 1:00 Training Crit	Z1 – 0:45	Z2 – 2:30 Core Exercises	5x5min @ FTP+ (TT)
<b>Phase 3: Maintenance</b>									
18	05/May	~9:00	Weights high reps	Z2/3 – 2:00 Group Ride	Z1/2 – 1:15	Z5 – 1:00 Training Crit	Z3 – 1:30 Core Exercises	Z1 – 1:00	Z5+ – 1:00 Ronde van Amstelveen
19	12/May	~6:00	Weights high reps	Z2/3 – 2:00 Group Ride	5x5min @ FTP+ (TT)	FREE	FREE Core Exercises	Z1 – 0:45 (TT)	ITT TMZ TT ??
20	19/May	~7:00	Weights high reps	Z2/3 – 2:00 Group Ride	Z1/2 – 1:15	Z5 – 1:00 Training Crit	FREE Core Exercises	Z2 – 2:15	Z2 – 2:00
21	26/May	~5:00	FREE	Z1 – 0:45	ITT DK TT???	FREE	Z1 – 0:45	RR Omloop Hoeksche Waard	FREE
22	02/Jun	~7:30	Weights high reps	5x5min @ FTP+	FREE	FREE	Z1 – 0:45	RR	FREE

								Omloop van de IJsseldelta	
<b>Phase 4: TT Specificity</b>									
23	09/Jun	08:30	Z2 – 1:00 (TT)	Z2 – 1:30 (TT)	Z3 – 1:30 (TT)	Core Exercises	FREE	Z2/3 – 2:00	Z2 – 2:30
24	16/Jun	09:45	5x5min @ FTP+ (TT)	FREE	Z2 – 1:30	Z3 – 1:30 (TT)	Core Exercises	Z2 – 2:00	Z2/3 – 3:00
25	23/Jun	08:45	6x5min @ FTP+ (TT)	Core Exercises	Z2 – 1:00	Z4/5 – 40K TT Test	Core Exercises	Z2 – 2:30	Z2/3 – 2:00
26	30/Jun	D-DAY!!!	5x5min @ FTP+ (TT)	FREE	FREE	Z1 S – 1:00	NK ITT	Z1 S – 1:00	NK RR

**Legend: S – Stationery or Turbo Trainer; TT – Time Trial bike; ITT – Individual Time Trial; FTP – Functional Threshold Power; RR – road race; NK – National Championships**

<p><b>5x5min workout:</b> 20min warmup; 3 min medium intensity; 6 minutes easy; 2.5 minutes rest between intervals; 10min cooldown. EVEN PACING!</p>	<p><b>Z4 90% FTP Workouts:</b> 20-25min warmup with some 1min bursts; indicated time in Z4: 10min cooldown</p>	<p><b>Weight Training</b> ~1:15min; for more info see <a href="#">this link</a></p>	<p><b>Core Exercises:</b> ~30min for more info see <a href="#">this link</a></p>
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