

TDP TRAINING PLAN

WK	M	T	W	R	F	S	S	TOTAL	GOALS FOR WEEK
11	Rest	1:00 Easy	Rest	1:15 Easy	Rest	1:30 Endurance	1:00 Easy	4:45	Get on your bike regularly and get acclimated to multiple trainings per week
10	Rest	1:15 Easy	Rest	1:15 Easy	Rest	1:30 Endurance	1:15 Easy	5:15	Ride at a pace that you could talk to a partner, but you don't necessarily want to. Sustain this pace throughout the ride - not easy, but not too hard.
9	Rest	1:15 Easy	Rest	1:15 Easy	Rest	1:45 Endurance	1:30 Easy	5:45	Add Intervals: On a moderate ride - pick a city block, distance between power lines, or up a short hill. Go HARD for 45-60 seconds. Allow 3-5 minutes easy spin between these efforts to allow the heart rate to drop back down. Do 4-6 of these "attacks" throughout the ride.
8	Rest	1:00 Easy	Rest	1:00 Easy	Rest	2:00 Endurance	1:00 Easy	5:00	Recovery Week!
7	Rest	1:00 Easy	1:00 Easy	1:15 Interval	Rest	2:00 Endurance	1:00 Endurance	6:45	Amp up intervals.
6	Rest	1:30 Easy	1:00 Easy	1:15 Hill	Rest	2:00 Endurance	1:30 Endurance	7:30	Add Short Efforts: Warm up well. On a flat route, do 3 sets of 60 seconds HARD and FAST followed by 60 seconds of easy spinning
5	Rest	1:00 Short Efforts	1:00 Easy	1:30 Interval	Rest	2:30 Endurance	1:30 Endurance	8:30	Short Effort AND intervals
4	Rest	1:00 Easy	Rest	1:00 Easy	Rest	2:00 Endurance	2:00 Endurance	5:00	Recovery Week - do it....it matters!
3	Rest	1:00 Steady	1:00 Easy	1:30 Interval	Rest	3:00 Endurance	1:00 Easy	8:45	On Steady Ride Days - Select a route with rolling terrain and some hills. On the hills, push the effort and go hard up them. Recover well before you go hard again. Push the efforts on the climbs 4-6 times throughout the ride.
2	Rest	1:30 Steady	1:00 Easy	1:30 Easy	Rest	3:30 Endurance	2:00 Easy	10:00	The long rides are getting longer....but you're almost there.
1	Rest	1:30 Short Efforts	1:00 Easy	1:30 Race Efforts	Rest	4:00 Endurance	2:30 Easy	11:00	Longest saddle week yet - but you are ready!
-	Rest	1:15 Steady	1:15 Easy	Rest	Travel Day	TDP Day 1	TDP Day 2	2:30	This is it...enjoy the rides - you have earned it!