

SAMPLE TRAINING PLAN FOR MARMOTTE ALPS

FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale	
				1	2	3	4	5			
Jan	07-13	Preparation	P1	1					<ol style="list-style-type: none"> Aerobic endurance: progressing to 6h rides in Z2 Short-term muscular endurance: multiple 4'-8' efforts in Z5 Technical limiters: e.g. bunch riding, descending, cornering, ... 	<ol style="list-style-type: none"> Aerobic endurance is by far the most important quality you need to build. At least 95% of the entire race will be aerobic. High short-term muscular endurance is essential for staying with the other riders at your level during the first hour and staying in a peloton. The preparation phase is the best time to build technical skills. 	
	14-20			2							
	21-27			3							
	28-03			4							
Feb	04-10		P2	P2	5						
	11-17				4						
	18-24				3						
	25-03				2						
Mar	04-10		P3	P3	1						
	11-17				2						
	18-24				3						
	25-31				4						
Apr	01-07	P4	P4	5							
	08-14			4							
	15-21			3							
	22-28			2							
May	29-05	Pre-competition	PC1	1					<ol style="list-style-type: none"> Aerobic endurance: continuing long rides in Z2 Anaerobic threshold: multiple 10'-30' efforts in Z4 Short-term muscular endurance: varied intervals in Z5 and Z6 	<ol style="list-style-type: none"> It is essential to continue developing aerobic endurance. Long efforts at or above FTP will develop climbing ability. Continue developing short-term muscular endurance for the same reasons as above. 	
	06-12			2							
	13-19			3							
	20-26			4							
	27-02			5							
Jun	03-09	PC2	PC2	1							
	10-16			2							
	17-23			3							
24-30	Competition	C1	C1	4				Taper	Reduce fatigue: increase form while maintaining fitness		
01-07	Competition			5							

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 12-15 hrs) and 1 represents the minimum (which might be 4-5 hrs)

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FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week. <i>The workouts are in priority order: do the first ones first.</i>	
				1	2	3	4	5		
Jan	07-13	Preparation	P1						HIGH VOLUME WEEKS 1. Low intensity long ride, starting at 2-3hrs and progressing to 5-6hrs. 2. Second low intensity ride (with focus on technical limiters) 3. HIT interval session e.g. 4 x [4'Z5 – 4'Z1], progressively increasing the time in zone or number of intervals e.g. 4 x [6'Z5 – 4'Z1] or 8 x [4'Z5 – 4'Z1]. At least 15' warm-up and cool-down. 4. Third low intensity ride 5. Second HIT session RECOVERY WEEKS 1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs 2. Second low intensity ride 3. Third low intensity ride	
	14-20									
	21-27									
	28-03									
Feb	04-10			P2						
	11-17									
	18-24									
	25-03									
March	04-10			P3						
	11-17									
	18-24									
	25-31									
April	01-07		P4							
	08-14									
	15-21									
	22-28									
May	29-05	Pre-competition	PC1						HIGH VOLUME WEEKS 1. Low intensity long ride, 5-6hrs. 2. Threshold interval session e.g. 4 x 10'Z4 – 5'Z1] or 3 x [15'Z4 – 10'Z1] or 2 x [20'Z4 – 10'Z1]. Do this on climbs during a 2-4hr ride. 3. HIT interval session e.g. 2 x 12 x [30"Z6 – 30"Z1], with 15' warm-up and cool-down. 4. Third low intensity ride 5. Second HIT session	
	06-12									
	13-19									
	20-26									
	27-02									
June	03-09		PC2						RECOVERY WEEKS As per Preparation phase	
	10-16									
	17-23									
	24-30									
Jul	01-07	Competition	C1						Two-week progressive taper in which you reduce the volume by 50% while maintaining the intensity: cut the long rides in half; only do half the number of intervals.	

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 12-15 hrs) and 1 represents the minimum (which might be 4-5 hrs)

TRAINING ZONES

Based on Rate of Perceived Exertion (RPE)

Zone	Level	TTE	RPE (1-10)
1	Active Recovery	-	<2
2	Endurance	4-6h	2-3
3	Tempo	2-3h	4-5
4	Lactate Threshold	45-60'	6-7
5	VO2 max	3-8'	7-8
6	Anaerobic Capacity	30"-2'	>8
7	Sprint power	<30"	Max

RPE is a purely subjective, but surprisingly accurate measure of intensity, where 1 is extremely light and 10 is the maximum.

The Time To Exhaustion (TTE) column refers to the amount of continuous time one can keep exercising in the same zone.

Based on Lactate Threshold Heart Rate (LTHR)

Zone	Level	LTHR %min	LTHR %max
1	Active Recovery	65%	81%
2	Endurance	82%	88%
3	Tempo	89%	93%
4	Lactate Threshold	94%	100%
5	VO2 max	>100%	-
6	Anaerobic Capacity	-	-
7	Sprint power	-	-

Your LTHR is your heart rate at lactate threshold, which is the point at which the concentration of lactate in your blood begins to increase faster than it can be eliminated.

You can determine your LTHR by riding as hard as possible for 45-60 minutes and taking the average HR for the final 30-45 minutes.

Based on Functional Threshold Power (FTP)

Zone	Level	FTP %min	FTP %max
1	Active Recovery	0%	55%
2	Endurance	56%	75%
3	Tempo	76%	90%
4	Lactate Threshold	91%	105%
5	VO2 max	106%	120%
6	Anaerobic Capacity	121%	150%
7	Sprint power	151%	-

Your FTP is the highest average power output you can sustain at the lactate threshold.

You can determine your FTP by riding as hard as possible for 45-60 minutes and taking the average power for the entire period.