

SAMPLE TRAINING PLAN FOR MARMOTTE GRANFONDO VALAIS

FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale		
				1	2	3	4	5				
Feb	11-17	Preparation	P1						<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 responding to attacks. The preparation phase is the best time to build technical skills. 		
	18-24											
	25-03											
Mar	04-10		P2	P2								
	11-17											
	18-24											
Apr	25-31		P3	P3								
	01-07											
	08-14											
May	15-21		P4	P4								
	22-28											
	29-05											
	06-12											
Jun	13-19	Pre-competition	PC1						<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. 		
	20-26											
	27-31											
	03-09											
Jul	10-16	PC2	PC2									
	17-23											
	24-30											
	01-07											
Aug	08-14	Competition	C1						Taper	Reduce fatigue: increase form while maintaining fitness		
	15-21											
	22-28											
	29-04	Competition	C1						Taper	Reduce fatigue: increase form while maintaining fitness		
	05-11											

* 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)

SAMPLE TRAINING PLAN FOR MARMOTTE GRANFONDO VALAIS

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		
Feb	11-17	Preparation	P1						<p>HIGH VOLUME WEEKS</p> <ol style="list-style-type: none"> Low intensity long ride, starting at 2-3hrs and progressing to 5-6hrs. Second low intensity ride (with focus on technical limiters) 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. Third low intensity ride Second HIT session <p>RECOVERY WEEKS</p> <ol style="list-style-type: none"> Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs Second low intensity ride Third low intensity ride 	
	18-24									
	25-03									
Mar	04-10			P2						
	11-17									
	18-24									
Apr	25-31			P3						
	01-07									
	08-14									
	15-21									
May	22-28			P4						
	29-05									
	06-12									
	13-19									
	20-26									
Jun	27-31	Pre-competition	PC1						<p>HIGH VOLUME WEEKS</p> <ol style="list-style-type: none"> Low intensity long ride, 5-6hrs. 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. HIT interval session e.g. 2 x 12 x [30"Z6 – 30"Z1], with 15' warm-up and cool-down. Third low intensity ride Second HIT session <p>RECOVERY WEEKS</p> <p>As per Preparation phase</p>	
	03-09									
	10-16									
	17-23									
Jul	24-30			PC2						
	01-07									
	08-14									
	15-21									
Aug	22-28	Competition	C1							
	29-04									
	05-11									

* 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.