

2024 FRAMEWORK TRAINING PLAN FOR THE ETAPE DU TOUR
FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale			
				1	2	3	4	5					
This is not a plan, but a framework and a set of guidelines. It remains your responsibility to think carefully about what is most appropriate for you.													
Jan	27	Preparation (Polarised)	P3						ON THE BIKE - WHAT 1. Be consistent: aim at training 8-12h per week on average. 2. Develop your aerobic endurance: increase your weekly long ride progressively to 6h, riding at low intensity. 3. Develop your fat-burning capacity through moderating your carb intake and avoiding food for the first 2-3h of a long ride. Avoid eating on all rides shorter than 2h, except for HIT. 4. Work on short-term muscular endurance (STME) 5. Aim at a polarised training intensity distribution between 80/20 and 90/10 low/high 6. Make sure you are getting adequate recovery. Monitor RHR and HRV to guide whether or not to do a high-intensity or high-volume session. 7. Include exercises to improve your technical skills	ON THE BIKE - WHY 1. Consistency is vital if you are to make progress 2. Aerobic endurance is the most important quality you need. If you ride too hard you will create too much fatigue for too little benefit. 3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer 4. Good STME will help you stay with riders at your level during the first hour and stay in a peloton in the valleys. 5. A polarised training intensity distribution has been shown to be more effective than alternatives, during the Preparation phase. 6. You get stronger during recovery, NOT during training. High-intensity training is of little benefit when your HRV is below normal levels. 7. This is the best time to build technical skills.			
	26												
	25												
	24												
Feb	23			P4									
	22												
	21												
March	20			P5									
	19												
	18												
	17												
April	16		Pre-competition (Pyramidal)	PC1								ON THE BIKE - WHAT 1. Strength and conditioning: 2 sessions/week 2. Flexibility and stretching: 20 mins 2-3/week 3. Complement occasionally with other sports: running, swimming, etc.	ON THE BIKE - WHY 1. Gym exercises will make you an all-round stronger cyclist. 2. Maintaining flexibility is essential to pedal efficiently and avoid injury. 3. Doing the occasional run or swim uses your muscles differently.
	15												
	May	14				PC2							
		13											
		12											
June	11			PC3									
	10												
	9												
	8												
July	7	Competition		C1						OFF THE BIKE - WHAT 1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h+ ride in June. 2. Sweet-spot: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load. 3. Race readiness: sportive or club ride 2/month in May and June 4. Recovery: 1-2 very easy rides/week. Reduced carb intake. 5. Test your equipment and nutrition/hydration options	OFF THE BIKE - WHY 1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte 2. Long efforts at race pace will develop your climbing ability. 3. Sportives and fast club runs to get comfortable in groups at race pace. 4. It is ESSENTIAL that recovery weeks are easy, to avoid over-training. 5. Test now to avoid disasters in July.		
	6												
	5												
July	4							OFF THE BIKE - WHAT 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: swim, walk, etc. highly recommended 3. Maximise your sleep; eat well, minimum travel, minimum stress	OFF THE BIKE - WHY 1. Maintaining flexibility is vital 2. Other activities as desired to maintain movement and motivation. 3. Sleep and nutrition are essential, travel and stress are negative				
	3												
	2							OFF THE BIKE - WHAT Taper: reduce volume by 25% two weeks out and by 50% or more the last week.	OFF THE BIKE - WHY Reduce fatigue: increase form while maintaining fitness				

* Your training volume can be counted in hours. In this chart 5 represents the maximum (which might be 15-20 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.	
				1	2	3	4	5		
This is not a plan, but a framework and a set of guidelines. It remains your responsibility to think carefully about what is most appropriate for you.										
Jan	27	Preparation (Polarised)	P3						<p>The workouts are in order of priority: do the first ones first. However, only do a high-intensity workout on a day when you feel fresh and ready (ideally, you should monitor this with your RHR (Resting Heart Rate) and HRV (Heart Rate Variability) measured first thing in the morning).</p> <p>HIGH VOLUME WEEKS (POLARISED 80/20 or 90/10)</p> <ol style="list-style-type: none"> Low intensity long ride, starting at 2-3hrs and progressing to 6hrs by March. This ride should feel very easy (at least for the first 2-3h) Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters) STME interval session e.g. 2 x [10'Z3 - 5'Z1] Initially, later 4 x [5'Z4 - 5'Z1] or 8 x [2'Z5 - 2'Z1], progressively increasing the time in zone or the number of intervals. At least 15' warm-up and cool-down. Third low intensity ride 2-3 hrs Recovery ride 1hr <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, 1-2 hrs Third low intensity ride, 1-2 hrs <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> Gym session mostly focused on core strength and leg strength. To prevent injury, get advice from a specialist. Stretching (e.g. Pilates or Yoga). To prevent injury, get advice from a specialist. Second gym session. Second stretching session 	
	26									
	25									
	24									
Feb	23			P4						
	22									
	21									
	20									
March	19			P5						
	18									
	17									
	16									
April	15									
	14	Pre-competition (Pyramidal)	PC1						<p>HIGH VOLUME WEEKS (PYRAMIDAL 70/20/10)</p> <ol style="list-style-type: none"> Low intensity long ride, 5-6hrs, progressing to 8+hrs in one ride by mid-June, as much climbing as possible Sweetspot or sub-threshold interval session e.g. 4 x 10'Z3/Z4 or 3 x 15'Z3/Z4 or 2 x 20'Z3/Z4. Do this on climbs during a 2-4hr ride. Progressively increase the time in zone or no. of intervals. Alternative: Sportive or club ride 2/month in May and June Second low intensity long ride, 2-3hrs, progressing to 5hrs, including climbs Recovery ride 1-2hrs (flat) <p>RECOVERY WEEKS: As per Preparation phase</p> <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> One leg and core strength maintenance session per week. One or better two stretching sessions (e.g. Pilates or Yoga) <p>GENERAL</p> <p>Maximise your sleep time and quality; ensure high-quality nutrition; keep travel and stress to a minimum</p>	
	13									
	12									
11										
May	10			PC2						
	9									
	8									
	7									
June	6			PC3						
	5									
	4									
	3									
July	2	Competition	C1						<p>Two-week progressive taper in which you reduce the volume by 50%. Some people benefit from intensity in the last week, others do not.</p> <p>Plan to arrive in Nice 2-3 days in advance.</p>	
	1									

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