

## PowerEdge Advanced Power Training Plan

	PZ 1 : < 55% TP easy pace	PZ 2: 55-75% TP conversational pace	PZ 3: 75-90% TP somewhat hard	PZ 4: 90-105% TP very hard	PZ 5: 105-120% TP can last a few mins
Week 1	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5

	Functional Threshold Power Test				
Time	1:10 Tempo ride	1:00 Recovery ride	2:00 Endurance ride	1:00 Endurance ride	
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.		Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	
<b>Main Set</b>	<p><b>TEST:</b> Start Power Edge at the beginning of this set! Ride on the flat terrain, for 30 minutes or 10 miles which ever comes first. Push this pace as hard as you can go for this time or distance. STOP Power Edge at the end of main set. Your AVERAGE Power is your threshold power.</p>	Endurance pace, @PZ2 for 15 mins, increase to PZ3 (tempo ride) and include 15-1 min pick ups into @PZ6, with 2 minutes rest between. This segment should take 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Endurance pace ride @PZ2 with a few power cycles. Focus on cadence work, 85-95 RPM. During ride do 2 x 30 minute @PZ3 and on rolling terrain, balance of ride @PZ2.	Endurance pace ride @PZ2 with a few power intervals. Focus on cadence work, 85-95 RPM. During ride do 1 x 30 minute @PZ3 and on rolling terrain. Balance of ride in @PZ2.
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.		Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.

Week 2	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
	1:05 including 2 x 10 Zone 4 Intervals	1:10 Endurance ride	1:00 Recovery ride	1:00 Big Gear day	2:30 Endurance ride with 2 x 20 minutes Zone 3 intervals
<b>Time</b>					
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ1.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.		Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	Endurance pace ride @PZ2. During ride: do 2 x 10 minutes @PZ4, with rest of 5 minutes between.	Tempo ride @PZ3, and include 15x15 seconds get out of seat sprints as hard as you can. Rest 2-3 minutes between. This segment should take 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Endurance pace ride @PZ2. During ride: Do 15 x 20 sec low cadence, 60-80 RPM, with BIG gear repeats, @PZ6 and 3 minutes rest between. Balance of ride endurance pace.	Endurance pace ride @PZ2 with a few power intervals. Focus on cadence work, 85-95 RPM. During ride: Do 3 x 20 minute @PZ3, and on rolling terrain. Balance of ride @PZ2 .
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.			Active recovery @PZ1 for 10 minutes.

Week 3	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
<b>Time</b>	<b>1:00 Recovery ride</b>	<b>1:15 Tempo ride with 15 PZ6 pick ups</b>	<b>1:15 Endurance ride with 2 PZ4 Intervals</b>	<b>3:00 Endurance ride with 10 x 10 second pick ups</b>	<b>2:00 Endurance ride</b>
<b>Warm up</b>	15 minutes @PZ1.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>		Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	Easy spin ride @PZ1. This should be about 45 minutes	Endurance pace ride @PZ2, for 15 mins. Increase to PZ3 tempo ride and include 15x1 min pick ups @PZ6, with 2 minutes rest between. This should take 45 minutes.	Endurance pace ride, @PZ2. During ride: Do 2 x 10 minutes @PZ4, with rest of 5 minutes between each in endurance pace.	Endurance pace ride @PZ2 with a few power intervals. During ride focus on cadence work, aiming for 85-95 RPM. Do 10 x 10 sec max power, out of saddle. Remainder of ride @PZ3 and on rolling terrain.	Endurance pace ride @PZ2. Focus on smooth pedal strokes.
<b>Cool Down</b>		Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.

Week 4, Rest week	Workout 1	Workout 2	Workout 3	Workout 4
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**1:10 Endurance ride including 15 x15 seconds sprints**

Time	1:10 Endurance ride including 15 x15 seconds sprints	1:00 Recovery ride	1:00 Recovery ride	2:00 Endurance ride
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.			Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	Tempo ride @PZ3. Include 15x15 seconds get out of seat sprints, pedaling as hard as you can. Rest 2-3 minutes between. This should take 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Endurance pace ride @PZ2. Focus on smooth pedal strokes.
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.			Active recovery @PZ1 for 10 minutes.

Week 5	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
<b>Time</b>	<b>1:00 ride with Zone 6 Intervals</b>	<b>1:15 ride with 2 x 15 minute Zone 4 Intervals</b>	<b>1:00 Recovery ride</b>	<b>1:30 Endurance ride with 15 x 15 seconds sprints</b>	<b>3:30 Endurance ride with power intervals</b>
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.		Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	3 x 2 mins @PZ6 with 2 mins rest between. 5 mins easy spin. 3 x 1 min @PZ6 with 2 mins rest between. 5 mins easy spin. 3 x 30 seconds @PZ6 with 2 mins between. Easy spin rest of time.	Endurance pace ride @PZ2. During ride: Do 2 x 15 minutes @PZ4, with rest of 5 minutes between each at endurance pace.	Easy spin ride @PZ1. This should be about 45 minutes	Tempo ride @PZ3. Include 15x15 seconds get out of seat sprints, pedaling as hard as you can. Rest 2-3 minutes between. This should take 45 mins.	Endurance pace ride @PZ2 on rolling terrain. Focus on cadence work, 85-95 RPM. During ride: Do 3 x 20 mins @PZ3. The last 30 minutes ride @PZ4.
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.			Active recovery @PZ1 for 10 minutes.

Week 6	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
<b>Time</b>	<b>1:30 Tempo ride</b>	<b>1:30 Gear work</b>	<b>1:00 Hill repeats</b>	<b>3:30 Endurance ride with power intervals</b>	<b>2:00 Endurance ride</b>
<b>Warm up</b>	15 minutes @PZ2.	20 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	Tempo ride @PZ3 for 50 minutes on rolling terrain. Balance of ride @PZ2.	Find a flat 1 mile strip. Start moving before starting to count each interval. 6 x 30 secs small chain ring spin ups (120 RPM), riding fast, with 2 min rest between. Rest 5 minutes. 3 x 1:30 min fast sprints, rest 2 mins between. 5 mins rest between sets. 3x1:00 min fast sprints.	Climb a 4-6% grade hill and do 6 x 6 minutes hill repeats. Rest by going back down hill. Stay seated and have smooth strokes. Lower cadence to 60-80 RPM.	Endurance pace ride @PZ2 on rolling terrain. Focus on cadence work, 85-95 RPM. During ride: Do 3 x 15 minutes @PZ3.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.

Week 7	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
<b>Time</b>	<b>1:30 ride with 2 x 15 minute Zone 4 Intervals</b>	<b>1:30 Tempo ride with increasing efforts</b>	<b>1:00 Recovery ride</b>	<b>4:00 Long hard ride with picks up</b>	<b>2:00 Endurance ride</b>
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.		Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.
<b>Main Set</b>	Endurance pace ride @PZ2. During ride: Do 2 x 15 minutes @PZ4 with 5 minutes recovery between each at endurance pace.	Tempo pace ride @PZ3-4. Increase power by 5 watts after each 20 minute segment. The end of the ride should finish stronger than the beginning of the ride. Work on cadence of 80-90 RPM with strong big gear.	Easy spin ride @PZ1. This should be about 45 minutes.	Hour 1: Endurance pace ride @PZ2. Hours 2-3: Increase pace to tempo @PZ3 and ride on rolling terrain. Last 1 hour ride @PZ4. Each time you stop at traffic light, get out of your seat and sprint back up to speed, do this at least every 15 minutes during ride.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.		Active recovery @PZ1 for 10 minutes.	Active recovery @PZ1 for 10 minutes.

Week 8, Rest Week	Workout 1	Workout 2	Workout 3	Workout 4	Re-Test Threshold Power
	<b>1:10 Endurance ride including 15 x15 seconds sprints</b>				
<b>Time</b>		<b>1:00 Recovery ride</b>	<b>1:00 Recovery ride</b>	<b>2:00 Endurance ride</b>	
<b>Warm up</b>	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	<b>Repeat Functional Threshold Test following a day off</b>
<b>Drills- During warm up</b>	Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.			Add 4 x 20-30 sec single leg drills. Focus on smooth pedal strokes.	
<b>Main Set</b>	Tempo pace ride @PZ3. Include 15x15 seconds get out of seat sprints, riding as hard as you can. Rest 2-3 minutes between. This should take 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Easy spin ride @PZ1. This should be about 45 minutes.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.	
<b>Cool Down</b>	Active recovery @PZ1 for 10 minutes.			Active recovery @PZ1 for 10 minutes.	