

PowerEdge Beginner's 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

Note: PZ = power zone
TP = threshold power

Perform a Threshold Power test 2-3 days before you begin this training plan.

1. Warm up with 10 minutes of nice easy pace. 2. TEST: Start PowerEdge at the beginning of this set!! Ride on the flat terrain, for 20 minutes or 5 miles whichever comes first. Push this pace as hard as you can go for this time or distance. STOP Power Edge at the end. 3. Cool down for 5 minutes. Your recorded AVERAGE Power is your Threshold Power (TP).

Week 1	Bike 30 minutes		Bike 30 minutes		Bike 30 minutes
	30 minutes @PZ2 on flat course		30 minutes @PZ2 on flat course		30 minutes @PZ2 on flat course
Week 2	Bike 35 minutes		Bike 35 minutes		Bike 35 minutes
	35 minutes @PZ2 on flat course		35 minutes @PZ2 on flat course		35 minutes @PZ2 on flat course
Week 3	Bike 40 minutes		Bike 35 minutes		Bike 40 minutes
	Warm up 10 mins @PZ1-2 4x(4 mins @PZ3, 1 min @PZ1) Cool down 10 mins @PZ2		35 minutes @PZ2 on flat course		Warm up 10 mins @PZ1-2 2x(7 mins @PZ3, 3 mins @PZ2) Cool down 10 mins @PZ2
Week 4	Bike 40 minutes		Bike 40 minutes		Bike 45 minutes
	Warm up 10 mins @PZ1-2 4x(4 mins @PZ4, 1 min @PZ1) Cool down 10 mins @PZ2		40 minutes @PZ2 on flat course		Warm up 10 mins @PZ1-2 3x(2 mins @PZ4, 1 min @PZ2) 4x(3 mins @PZ3, 1 min @PZ2) Cool down 10 mins @PZ2
Week 5	Bike 45 minutes		Bike 40 minutes		Bike 50 minutes
	Warm up 10 mins @PZ2 30 minutes @PZ3 Cool down 5 mins @PZ2		40 minutes @PZ2 on flat course		Warm up 12 mins @PZ1-2 4x(2 mins @PZ4, 1 min @PZ2) 4x(3 mins @PZ3, 1 min @PZ2) Cool down 10 mins @PZ2
Week 6	Bike 45 minutes		Bike 40 minutes		Bike 55 minutes
	Ride 45 mins @PZ2		40 minutes @PZ2 on flat course		Warm up 15 mins @PZ2 4x(2 mins @PZ4, 1 min @PZ2) 5x(3 mins @PZ3, 1 min @PZ2) Cool down 10 mins @PZ2
Week 7	Bike 50 minutes		Bike 45 minutes		Bike 60 minutes
	Warm up 10 mins @PZ2 35 mins @PZ3 Cool down 5 mins @PZ2		45 minutes @PZ2 on flat course		Warm up 15 mins @PZ2 5x(2 mins @PZ4, 1 min @PZ2) 5x(3 mins @PZ3, 1 min @PZ2) Cool down 10 mins @PZ2
Week 8	Bike 50 minutes		Bike 45 minutes		Bike 60 minutes
	Warm up 10 mins @PZ2 35 mins @PZ3 Cool down 5 mins @PZ2		45 minutes @PZ2 on flat course		Warm up 15 mins @PZ2 5x(2 mins @PZ4, 1 min @PZ2) 5x(3 mins @PZ3, 1 min @PZ2) Cool down 10 mins @PZ2

Rest for a day and retest your threshold power as above.