

PowerEdge Intermediate 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
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Week 1	Workout 1	Workout 2	Workout 3	Workout 4
Time	Functional Threshold Power Test	45 with Tempo work	1:15 Endurance ride	1:00 Endurance ride with spin ups
Warm up	15 minutes @PZ2.	10 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
Drills during warm up		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.	
Main Set	<p>TEST: Start Power Edge at the beginning of this set! Ride on 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 PowerEdge at the end. Your average power is your threshold power.</p>	Tempo ride @PZ3. Include 6x1 min pick ups to PZ4, with 2 minutes rest in between.	Endurance pace ride @PZ2 with a few power cycles. Focus on cadence work, 85-95 RPM. During ride do 2 x 15 minutes @PZ3 on rolling terrain. Balance of ride in @PZ2.	Endurance pace ride @PZ2 with a few power intervals. Focus on cadence work, 85-95 RPM. During ride do 6 x 2 min @PZ4 on rolling terrain. Balance of ride @PZ2.
Cool Down	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
Time	1:00 including 3 x 5 Zone 4 Intervals	45 Recovery ride	1:00 Big Gear day	1:00 endurance ride with 3 x 10 mins PZ3 intervals
Warm up	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.
Drills- During warm up	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.	
Main Set	Endurance pace ride @PZ2. During ride: Do 3 x 5 minutes @PZ4 with rest of 5 minutes between each in endurance pace.	Easy spin ride @PZ1. This should be about 35 minutes	Endurance pace @PZ2. During ride: Do 6 x 20 sec, low cadence 60-80 RPM, with big gear repeats @PZ6 with 3 minutes rest between. Balance of ride at endurance pace.	Endurance pace ride @PZ2 with a few power intervals. Focus on cadence work, 85-95 RPM. During ride: Do 3 x 10 minutes @PZ3 on rolling terrain. Balance of ride @PZ2.
Cool Down	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
Time	50 Tempo ride with Zone 6 pick ups	1:00 Endurance ride	1:15 Tempo ride with 10 x 10 sec pick ups	1:00 Endurance ride
Warm up	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.
Drills- During warm up	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.	
Main Set	Tempo pace ride @PZ3. Include 10x1 min pick ups @PZ6, with 2 minutes rest between.	Endurance pace @PZ2. During ride: Do 2 x 10 minutes @PZ4 with rest of 5 minutes between each in endurance pace.	Tempo pace ride @PZ3 with a few power intervals. During ride focus on cadence work, 85-95 RPM, During ride: Do 10 x 10 sec max power, out of saddle (at Stops signs). Balance of ride @PZ3 on rolling terrain.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and even pace.
Cool Down	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
Time	45 Endurance ride	30 Recovery ride	1:00 Endurance ride	30 Recovery ride
Warm up	10 minutes @PZ2.		10 minutes @PZ2.	
Drills- During warm up	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.	
Main Set	Endurance pace @PZ2.	Easy spin ride @PZ1-2. This should be about 30 minutes.	Endurance pace @PZ2. Focus on smooth pedal strokes.	Easy spin ride @PZ1. This should be about 30 minutes.
Cool Down	Active recovery @PZ1, for 10 minutes.		Active recovery @PZ1, for 10 minutes.	

Week 5	Workout 1	Workout 2	Workout 3	Workout 4
Time	1:00 of with Zone 6 Intervals	1:00 ride with 2 x 15 min PZ4 Intervals	1:00 Tempo with 5 x 15 sec sprints	1:30 Endurance ride
Warm up	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.	10 minutes @PZ2.
Drills- During warm up	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.
Main Set	2 x 2 mins @PZ6 with 2 mins rest between. 5 mins easy spin. 2 x 1 min @PZ6 with 2 mins rest between. 5 mins easy spin. 2 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.	Tempo ride @PZ3. Include 15-15 seconds get out of seat sprints, pedaling as hard as you can. Rest 2-3 minutes between. This should take 40 mins.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.
Cool Down	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 6	Workout 1	Workout 2	Workout 3	Workout 4
Time	1:10 Tempo ride	1:00 Gear work	1:00 Hill repeats	1:45 Endurance ride
Warm up	10 minutes @PZ2.	20 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
Drills- During warm up	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.
Main Set	Tempo ride @PZ3 50 minutes on rolling terrain.	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 1 min rest between. Recover 5 mins between sets. 4 x 1 min fast sprints, rest 1 min between. Recover 5 mins between sets. 4 x 30 secs fast sprints.	Climb a 4-6% grade hill and do 3 x 4 minutes hill repeats. Rest by going back downhill. Stay seated and have smooth strokes. Lower cadence to 60-80 RPM. Fully rest in between.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.
Cool Down	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
Time	1:10 Tempo ride with 2 x 8 min PZ4 Intervals	1:00 Hill repeats	1:30 Endurance with Tempo intervals	2:00 Endurance ride
Warm up	10 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.	15 minutes @PZ2.
Drills- During warm up	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.
Main Set	Tempo ride @PZ3. During ride: Do 2 x 8 minutes @PZ4 with a rest of 5 minutes @PZ1 in between the efforts.	Climb a 4-6% grade hill and do 3 x 4 minutes hill repeats. Rest by going back downhill. Stay seated and have smooth strokes. Lower cadence to 60-80 RPM. Fully rest in between.	Endurance ride 50 minutes @PZ2. Add 3 x 3 minutes of tempo bursts @PZ3.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.
Cool Down	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	Workout 1	Workout 2	Workout 3	Workout 4	Re-Test
Time	1:00 Endurance ride including 12 sprints	45 Recovery ride	1:00 Endurance ride	45 Recovery ride	Repeat Functional Threshold Test following a day off
Warm up	10 minutes @PZ2.		10 minutes @PZ2.		
Drills- During warm up	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.		
Main Set	Tempo ride @PZ3. Include 15x15 seconds get out of seat sprints, pedaling as hard as you can. Rest 2-3 minutes in between. This should take 40 mins.	Easy spin ride @PZ1-2. This should be about 45 minutes.	Endurance pace ride @PZ2. Focus on smooth pedal strokes and holding the pace.	Easy spin ride @PZ1-2. This should be about 45 minutes.	
Cool Down	Active recovery @PZ1, for 10 minutes.		Active recovery @PZ1, for 10 minutes.		