Sportive Plan - 5-8 hours per Week - Summary

Week	Zone 1 Ride	LT1 Ride		Interval Session	Week	Zone 1 Ride	LT1 Ride		Interval Session
1	1 x 2 hours 1 x 1 hour	1 x 75 mins Z1 Ride with -->	2 x 15 mins at LT1 Over Geared	Metaboliic Profile Test	7	*****	*****	*****	*****
2	1 x 2 hour 30 min 1 x 1 hour	1 x 90 mins Z1 Ride with -->	3 x 15 mins at LT1 Over Geared	3 x 8 OGE @Sweet Spot	8	*****	*****	*****	*****
3	*****	*****	*****	*****	9	*****	*****	*****	Metaboliic Profile Test
4	*****	*****	*****	*****	10	*****	*****	*****	*****
5	*****	*****	*****	Metaboliic Profile Test	11	*****	*****	*****	*****
6	*****	*****	*****	*****	12	*****	*****	*****	Target Event

Summit Cycle Coaching

Week	Training Prescription Summary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total hours
	4-5 Training Sessions each Week, you choose which Days								
Week 1	1 x 2 hours Z1 Ride 1 x 75 min LT1 Ride OGE Metabolic Test 1 x 1 hour Z1	Recovery Day	Metabolic Profile Test 90 minutes	1 Hour Z1	75 mins with 2 x 15 mins at LT1 Over Geared	Recovery Day	Recovery Day	2 Hour Z1 Ride	05:15
Week 2	1 x 2 hours 30 min Z1 Ride 2 x 90 min LT1 Ride 1 x 3x8 OGE 1 x 1 hour Z1	Recovery Day	1 Hour 3x8 minutes OGE Sweet Spot	1 Hour Z1	90 mins with 3 x 15 mins at LT1 Over Geared	Recovery Day	Recovery Day	2 Hours 30 minutes Z1 Ride	06:00
Week 3									07:00

For Full Plans and Coaching Services email: coach@summitcyclecoaching.co.uk

Week 4									5:30
Week 5									06:30
Week 6									07:30
Week 7									08:00

Week 8									5:00 to 6:00
Week 9									07:00
Week 10									08:00
Week 11									08:00

Week 12									5:00 to 6:00