



2018 Training Programs



Welcome!

To get the results you want, you need a plan. Preparation is a key ingredient to success, and that means training with precision and purpose.

Included in this PDF, you'll find three 12-Week Training program templates, designed to get you to the finish line and achieve your goals. Each plan offers a basic training progression, incorporating time on the bike, recovery days and cross training (X-training) for full body conditioning and preparation.

Whether you are new to cycling or an experienced rider, the combination of proper training and recovery, sound nutrition and ongoing support and advice from our coaching experts will get you to the finish line!



Training Plan Design & Key

- Program is **Time/Intensity based** to accommodate most rider levels and abilities.
- **Wildcard Days** are for your flexibility. Rest, take a day off, or do some light training.
- **Rest days and Active Recovery Days** are important. Recover! Listen to your body and train 'intuitively'. When your body tells you to go easy or to rest more, do it.
- **X-Train (Cross Training)** are days to incorporate other exercise modalities , including strength training, swimming, light running, yoga, pilates, etc. Build overall fitness for stronger performance on the bike.
- Get more training program insights, ideas and suggestions by joining the Facebook Group.



Training Intensity / Zones

Your body uses different energy systems to produce the power (watts) required to spin the pedals on your bike. For simplicity, this program leverages a 5-Zone paradigm, incorporating power, heart rate or perceived effort. For more advanced and customized training using FTP Data (Functional Threshold Power), please consult with a Professional Cycling coach.

Interval Training days are prescribed once or twice each week. Specific interval workouts vary, and we recommend that you attend a performance based Indoor Cycling Class, or incorporate challenging workouts on the road such as time trialing, hard pace line work and hill repeats. Please consult with a coach, or visit the Facebook Group as noted in the Training Resources page, for more information and ideas for your program.

For the purpose of this program, the Zones (Z) are as follows:

| Zone | Description |
|------|---|
| 1 | Easy pace. Active recovery or 'soft pedaling'. |
| 2 | Conversational, aerobic pace. HR and Watts well below FTP (functional threshold power). '6-7' on a scale of 1-10 |
| 3 | Tempo. Harder, sustainable effort. '7-8' on a scale of 1-10 |
| 4 | Threshold and Interval Training. Sustainable for up to 20-30 minutes. 'On the limit', at and above FTP. '8-9' on a scale of 1-10. |
| 5 | Hard, shorter intervals for anaerobic power development and sprint development! '9.5-10' On a scale of 1-10. |



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|----------------|-------------|---------------------|--------------|-----------------|-----------------|
| 1 | Rest | 1 hr / Z2 | X-Train | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 2 | Rest | 1 hr / Z2 | X-Train | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 3 | Rest | 1 hr / Z2 | X-Train | 1 hr / Intervals | Wildcard Day | 2.5 hrs. / Z2-3 | 1 hr / Z2 |
| 4 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 5 | Rest | 1:15 hr / Z2-3 | X-Train | 1 hr / Intervals | X-Train | 2.5 hrs. / Z2-3 | 1 hr / Z2 |
| 6 | Rest | 1:15 hr / Z2-3 | X-Train | 1 hr / Intervals | Wildcard Day | 2.5 hrs. / Z2-3 | 1 hr / Z2 |
| 7 | Rest | 1:15 hr / Z2-3 | X-Train | 1 hr / Intervals | X-Train | 3 hrs / Z2-4 | 1 hr / Z2 |
| 8 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 9 | Rest | 1:30 hr / Z2-3 | X-Train | 1:15 hr / Intervals | X-Train | 3 hrs / Z2-4 | 1:30 hr / Z2 |
| 10 | Rest | 1:30 hr / Z2-3 | X-Train | 1:15 hr / Intervals | X-Train | 4 hrs / Z2-4 | 1:30 hr / Z2 |
| 11 | Rest | 1:30 hr / Z2-3 | X-Train | 1:15 hr / Intervals | X-Train | 4 hrs / Z2-4 | 1:30 hr / Z2 |
| 12 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | Rest | PAN MASS | PAN MASS |

* For modifications and training suggestions by a LIFE TIME Cycle Coach, please visit the PMC / LIFE TIME CYCLE Facebook Group.

30-50 Mile Ride Distances



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------------------|--------------------|---------------------|-----------------------|-----------------|-----------------|
| 1 | Rest | 1:15 hr / Z2 | X-Train | 1 hr / Intervals | X-Train / 1 hr / Z2 | 3 hrs / Z2-3 | Active Recovery |
| 2 | Rest | 1:15 hr / Intervals | X-Train | 1 hr / Intervals | X-Train / 1 hr / Z2-3 | 3.5 hrs / Z2-3 | Active Recovery |
| 3 | Rest | 1:15 hr / Z2 | X-Train | 1 hr / Intervals | Wildcard Day | 3.5 hrs. / Z2-3 | 1 hr / Z2 |
| 4 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 5 | Rest | 1:30 hr / Intervals | X-Train | 1 hr / Intervals | X-Train / 1 hr / Z2-3 | 3.5 hrs. / Z2-3 | 1 hr / Z2 |
| 6 | Rest | 1:30 hr / Z2-3 | X-Train | 1:15 hr / Intervals | Wildcard Day | 4 hrs. / Z2-3 | 1:30 hr / Z2 |
| 7 | Rest | 1:30 hr / Intervals | X-Train | 1:15 hr / Intervals | X-Train | 4 hrs / Z2-4 | 1 hr / Z2 |
| 8 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 9 | Rest | 1:30 hr / Intervals | X-Train / 1hr Z2-3 | 1:15 hr / Intervals | Wildcard Day | 5-6 hrs / Z2-4 | 1:30 hr / Z2 |
| 10 | Rest | 1:30 hr / Intervals | X-Train / 1hr Z2-3 | 1:15 hr / Intervals | X-Train | 5-6 hrs / Z2-4 | 1:30 hr / Z2 |
| 11 | Rest | 1 hr / Z2-3 | X-Train | 1 hr / Intervals | Wildcard Day | 3-4 hrs / Z2-4 | Active Recovery |
| 12 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | Rest | PAN MASS | PAN MASS |

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80-100 Mile Ride Distances



| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------------------|--------------------|---------------------|-----------------------|-----------------|-----------------|
| 1 | Rest | 1:30 hr / Z2 | X-Train | 1 hr / Intervals | X-Train / 1 hr / Z2 | 3 hrs / Z2-4 | 2 hr / Z2-4 |
| 2 | Rest | 1:30 hr / Intervals | X-Train | 1 hr / Intervals | X-Train / 1 hr / Z2-3 | 3-4 hrs / Z2-4 | 2 hr / Z2-4 |
| 3 | Rest | 1:15 hr / Z2 | X-Train | 1:15 hr / Intervals | Wildcard Day | 3-4 hrs. / Z2-4 | 2 hr / Z2-4 |
| 4 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 2 hrs / Z2-3 | Active Recovery |
| 5 | Rest | 1:30 hr / Intervals | X-Train | 1:15 hr / Intervals | X-Train / 1 hr / Z2-3 | 4-5 hrs. / Z2-3 | 2-3 hr / Z2 |
| 6 | Rest | 1:30 hr / Z2-3 | X-Train | 1:15 hr / Intervals | Wildcard Day | 4-5 hrs. / Z2-3 | 2-3 hr / Z2 |
| 7 | Rest | 1:30 hr / Intervals | X-Train | 1:15 hr / Intervals | X-Train | 5-6 hrs / Z2-4 | 2-3 hr / Z2 |
| 8 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | X-Train | 3 hrs / Z2-3 | Active Recovery |
| 9 | Rest | 1:30 hr / Intervals | X-Train / 1hr Z2-3 | 1:15 hr / Intervals | Wildcard Day | 5-6 hrs / Z2-4 | 4-5 hr / Z2-4 |
| 10 | Rest | 1:30 hr / Intervals | X-Train | 1:15 hr / Intervals | X-Train | 6-7 hrs / Z2-4 | 3-4 hr / Z2-4 |
| 11 | Rest | 1 hr / Z2-3 | X-Train | 1 hr / Intervals | Wildcard Day | 4 hrs / Z2-4 | Active Recovery |
| 12 | Rest | Wildcard Day | 1 hr / Z2-3 | 1 hr / Intervals | Rest | PAN MASS | PAN MASS |

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2-Day Ride Training Program

Training RESOURCES

Take your performance to the Next Level!

- Join the **PMC / LIFE TIME CYCLE FACEBOOK GROUP**.
 - Ask training questions and share your training experiences with other riders.
 - Get suggestions for **Interval Training Sessions**.
 - <https://www.facebook.com/groups/1999883470275672/>
- Add **PWR Cycle Classes** at your LIFE TIME to your weekly training schedule.
- Work with a **LIFE TIME Cycling Coach** online, for personalized training.
 - <https://www.athlinks.com/event/life-time-cycle-coaching-228496>

