

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X 3 6 minutes @ Z2 soft pedaling allowing recovery from set 1 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X 3</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 40Km @ Zone 3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 6 minutes @ High Z3 – Low Z4 6 minutes @ Low Z3 Repeat X 3</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 66km @ Z2-Z3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X4 6 minutes @ Z2 soft pedaling allowing recovery from set 1 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 44Km @ Zone 3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 6 minutes @ High Z3 – Low Z4 7 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 72Km @ Z2-Z3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>

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YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 3 10 minutes @ Z2 soft pedaling allowing recovery from set 1 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 3</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 48Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 8 minutes @ High Z3 – Low Z4 8 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 76Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X 3 6 minutes @ Z2 soft pedaling allowing recovery from set 1 2 minutes @ Z4 – Low Z5 2 minutes @ Z3 allowing partial recovery Repeat X 3</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 36Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Z1-Z2, 6 minutes spinning @ Z2-Z3</p> <p>Main Set: 6 minutes @ High Z3 – Low Z4 6 minutes @ Low Z3 Repeat X 3</p> <p>Cool Down: 6 minutes light pedaling bringing heart rate down to Z2, 6 minutes bringing heart rate down to Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 60Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>

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YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 4 10 minutes @ Z2 soft pedaling allowing recovery from set 1 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 4 Cool Down: 12 minutes @ Z3-Z2-Z1 Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 49Km @ Zone 3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 8 minutes @ High Z3 – Low Z4 8 minutes @ Low Z3 Repeat X 3 Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	RECOVERY DAY	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 72.5Km @ Z2-Z3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 4 minutes @ Z4 – Low Z5 4 minutes @ Z3 allowing partial recovery Repeat X 4 12 minutes @ Z2 soft pedaling allowing recovery from set 1 4 minutes @ Z4 – Low Z5 4 minutes @ Z3 allowing partial recovery Repeat X 4 Cool Down: 12 minutes @ Z3-Z2-Z1 Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 53Km @ Zone 3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 8 minutes @ High Z3 – Low Z4 8 minutes @ Low Z3 Repeat X 4 Cool Down: 12 minutes spinning @ Z3-Z2-Z1 Stretching: 5 minutes</p>	RECOVERY DAY	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 78Km @ Z2-Z3 Cool Down: 10 minutes of light spinning brining Stretching: 5 minutes</p>

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YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 4 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 8</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 58Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 10 minutes @ High Z3 – Low Z4 10 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 85Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 4 10 minutes @ Z2-Z3 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 4</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 45Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 8 minutes @ High Z3 – Low Z4 8 minutes @ Low Z3 Repeat X 5</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 65Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>

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YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 5 10 minutes @ Z2-Z3 Repeat X 2</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 57Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 10 minutes @ High Z3 – Low Z4 10 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 85Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 4 minutes @ Z4 – Low Z5 4 minutes @ Z3 allowing partial recovery Repeat X 5 5 minutes @ Z2-Z3 Repeat X 2</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 61Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 12 minutes @ High Z3 – Low Z4 12 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 93Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>

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YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 4 minutes @ Z4 – Low Z5 4 minutes @ Z3 allowing partial recovery Repeat X 10</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 40Km @ Zone 3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 14 minutes @ High Z3 – Low Z4 14 minutes @ Low Z3 Repeat X 3</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 60Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>
YOGA SESSION	<p>Indoor Power Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 3 minutes @ Z4 – Low Z5 3 minutes @ Z3 allowing partial recovery Repeat X 5 5 minutes @ Z2 Repeat X 2</p> <p>Cool Down: 12 minutes @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes spinning building Z1-Z2-Z3</p> <p>Main Set: 20Km @ Zone 3 - 4</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 12 minutes spinning @ Z1-Z2-Z3</p> <p>Main Set: 10 minutes @ High Z3 – Low Z4 10 minutes @ Low Z3 Repeat X 4</p> <p>Cool Down: 12 minutes spinning @ Z3-Z2-Z1</p> <p>Stretching: 5 minutes</p>	RECOVERY DAY 40 minutes easy spinning @ Zone 1 Stretching: 5 minutes	<p>Aerobic Conditioning Ride</p> <p>Warm up: 10 minutes building heart rate from Z1-Z2-Z3</p> <p>Main Set: 100Km @ Z2-Z3</p> <p>Cool Down: 10 minutes of light spinning brining</p> <p>Stretching: 5 minutes</p>