

| MONDAY                  | TUESDAY   | WEDNESDAY  | THURSDAY                       | FRIDAY   | SATURDAY   | SUNDAY   |
|-------------------------|---|--|--------------------------------|--|--|--|
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>2 minutes @ Z4 – Low Z5<br/>2 minutes @ Z3 allowing partial recovery<br/>Repeat X 3<br/>6 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>Repeat X 2<br/><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building @ Z1-Z2-Z3</p> <p><b>Main Set:</b> 20Km @ Zone 3<br/><b>Cool Down:</b> 10 minutes of light spinning brining<br/><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>6 minutes @ High Z3 – Low Z4<br/>6 minutes @ Low Z3<br/>Repeat X 3<br/><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 30km @ Z2-Z3<br/><b>Cool Down:</b> 10 minutes of light spinning brining<br/><b>Stretching:</b> 5 minutes</p> |
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>2 minutes @ Z4 – Low Z5<br/>2 minutes @ Z3 allowing partial recovery<br/>Repeat X 4<br/>6 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>Repeat X 2<br/><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building @ Z1-Z2-Z3</p> <p><b>Main Set:</b> 22Km @ Zone 3<br/><b>Cool Down:</b> 10 minutes of light spinning brining<br/><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>6 minutes @ High Z3 – Low Z4<br/>7 minutes @ Low Z3<br/>Repeat X 4<br/><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 35Km @ Z2-Z3<br/><b>Cool Down:</b> 10 minutes of light spinning brining<br/><b>Stretching:</b> 5 minutes</p> |

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| <b>YOGA SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>3 minutes @ Z4 – Low Z5<br/>3 minutes @ Z3 allowing partial recovery<br/>Repeat X 3<br/>10 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 24Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>8 minutes @ High Z3 – Low Z4<br/>8 minutes @ Low Z3<br/>Repeat X 4</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p>  | <b>RECOVERY DAY</b> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 39Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |
| <b>YOGA SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>2 minutes @ Z4 – Low Z5<br/>2 minutes @ Z3 allowing partial recovery<br/>Repeat X 3<br/>6 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p>           | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 15Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes Spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>6 minutes @ High Z3 – Low Z4<br/>6 minutes @ Low Z3<br/>Repeat X 3</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2- Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 20Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |

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| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3<br/> <b>Main Set:</b><br/>                     3 minutes @ Z4 – Low Z5<br/>                     3 minutes @ Z3 allowing partial recovery<br/>                     Repeat X 4<br/>                     10 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>                     Repeat X 2<br/> <b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1<br/> <b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3<br/> <b>Main Set:</b> 27Km @ Zone 3<br/> <b>Cool Down:</b> 10 minutes of light spinning brining<br/> <b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes Spinning @ Z1-Z2-Z3<br/> <b>Main Set:</b><br/>                     8 minutes @ High Z3 – Low Z4<br/>                     8 minutes @ Low Z3<br/>                     Repeat X 3<br/> <b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/> <b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3<br/> <b>Main Set:</b> 44Km @ Z2-Z3<br/> <b>Cool Down:</b> 10 minutes of light spinning brining<br/> <b>Stretching:</b> 5 minutes</p> |
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3<br/> <b>Main Set:</b><br/>                     4 minutes @ Z4 – Low Z5<br/>                     4 minutes @ Z3 allowing partial recovery<br/>                     Repeat X 4<br/>                     6 minutes @ Z2 soft pedaling allowing recovery from set 1<br/>                     Repeat X 2<br/> <b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1<br/> <b>Stretching:</b> 5 minutes</p>  | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3<br/> <b>Main Set:</b> 30Km @ Zone 3<br/> <b>Cool Down:</b> 10 minutes of light spinning brining<br/> <b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes Spinning @ Z1-Z2-Z3<br/> <b>Main Set:</b><br/>                     8 minutes @ High Z3 – Low Z4<br/>                     8 minutes @ Low Z3<br/>                     Repeat X 4<br/> <b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1<br/> <b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3<br/> <b>Main Set:</b> 48Km @ Z2-Z3<br/> <b>Cool Down:</b> 10 minutes of light spinning brining<br/> <b>Stretching:</b> 5 minutes</p> |

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| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>4 minutes @ Z4 – Low Z5<br/>4 minutes @ Z3 allowing partial recovery<br/>Repeat X 8</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p>                                      | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 33Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p>   | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>10 minutes @ High Z3 – Low Z4<br/>10 minutes @ Low Z3<br/>Repeat X 4</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 53Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>3 minutes @ Z4 – Low Z5<br/>3 minutes @ Z3 allowing partial recovery<br/>Repeat X 4<br/>5 minutes @ Z2-Z3<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building @ Z1-Z2-Z3</p> <p><b>Main Set:</b> 25Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes Spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>8 minutes @ High Z3 – Low Z4<br/>8 minutes @ Low Z3<br/>Repeat X 5</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p>   | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 35Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |

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| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>3 minutes @ Z4 – Low Z5<br/>3 minutes @ Z3 allowing partial recovery<br/>Repeat X 5<br/>5 minutes @ Z2-Z3<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 37Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>10 minutes @ High Z3 – Low Z4<br/>10 minutes @ Low Z3<br/>Repeat X 4</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 58Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>4 minutes @ Z4 – Low Z5<br/>4 minutes @ Z3 allowing partial recovery<br/>Repeat X 5<br/>5 minutes @ Z2-Z3<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 40Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>12 minutes @ High Z3 – Low Z4<br/>12 minutes @ Low Z3<br/>Repeat X 4</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 60Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |

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| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>4 minutes @ Z4 – Low Z5<br/>4 minutes @ Z3 allowing partial recovery<br/>Repeat X 10</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p>                                      | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Z1-Z2-Z3</p> <p><b>Main Set:</b> 30Km @ Zone 3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p>          | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>14 minutes @ High Z3 – Low Z4<br/>14 minutes @ Low Z3<br/>Repeat X 3</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes building heart rate from Z1-Z2-Z3</p> <p><b>Main Set:</b> 50Km @ Z2-Z3</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> |
| <b>YOGA<br/>SESSION</b> | <p><b>Indoor Power Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Zone 1-Z2-Z3</p> <p><b>Main Set:</b><br/>3 minutes @ Z4 – Low Z5<br/>3 minutes @ Z3 allowing partial recovery<br/>Repeat X 5<br/>5 minutes @ Z2<br/>Repeat X 2</p> <p><b>Cool Down:</b> 12 minutes @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Warm up:</b> 10 minutes spinning building Zone 1- Z2-Z3</p> <p><b>Main Set:</b> 15Km @ Zone 3 - 4</p> <p><b>Cool Down:</b> 10 minutes of light spinning brining</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RESISTANCE<br/>TRAINING</b> | <p><b>Threshold Intervals</b></p> <p><b>Warm up:</b> 12 minutes spinning @ Z1-Z2-Z3</p> <p><b>Main Set:</b><br/>10 minutes @ High Z3 – Low Z4<br/>10 minutes @ Low Z3<br/>Repeat X 4</p> <p><b>Cool Down:</b> 12 minutes spinning @ Z3-Z2-Z1</p> <p><b>Stretching:</b> 5 minutes</p> | <b>RECOVERY DAY</b><br><br>40 minutes easy spinning @ Zone 1<br><b>Stretching:</b> 5 minutes | <p><b>Aerobic Conditioning Ride</b></p> <p><b>Race Day:</b><br/>60km</p>   |