

# L'ETAPE CYPRUS

## 6 WEEKS TRAINING PROGRAM

**WEEK 1**

### Monday

-Gym work

30 min core & stretching

### Tuesday

- 30 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

### Wednesday

-OFF

### Thursday

-10 min easy warm up @zone1-2 with high cadence

- 10 x 1 min tempo @zone4 with heavy gear (60-65 rpm)
- 1 min easy spin between for recovery @zone1

10 min easy cool down @zone1-2 for recovery

### Friday

-30 min easy spin on the bike with high cadence @zone1-2 for good recovery from

Thursday's interval training

### Saturday

-Gym work

30 min core & 30 min gluts & legs

### Sunday

-Long aerobic ride 1:15 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills)

# WEEK 2

## Monday

-Gym work

30 min core & stretching

## Tuesday

- 40 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

## Wednesday

-OFF

## Thursday

-15 min easy warm up @zone1-2 with high cadence

- 8 x 2 min tempo @zone4 with heavy gear (60-65 rpm)
- 90 sec easy spin between for recovery @zone1

10 min easy cool down @zone1-2 for recovery

## Friday

-35 min easy spin on the bike with high cadence @zone1-2 for good recovery from

Thursday's interval training

## Saturday

-Gym work

30 min core & 30 min gluts & legs

## Sunday

-Long aerobic ride 1:25 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills). From 30 min to 40 min (10 min) just keep a heavy gear (65 rpm) @zone3 or low zone4 .

## Monday

-Gym work

30 min core & stretching

# WEEK 3

## Tuesday

- 45 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

## Wednesday

-OFF

## Thursday

-15 min easy warm up @zone1-2 with high cadence

- (5 x 3 min tempo @zone4 with heavy gear (60-65 rpm)
- 2 min easy spin between for recovery @zone1 )
- 5 min easy spin to relax from 5x3 min and
- 1 x 8 min tempo @zone4 with high cadence @90 rpm

10 min easy cool down @zone1-2 for recovery

## Friday

-40 min easy spin on the bike with high cadence @zone1-2 for good recovery from

Thursday's interval training

## Saturday

-Gym work

30 min core & 30 min gluts & legs

## Sunday

-Long aerobic ride 1:30 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills). From 20 min to 30 min (10 min) and from 1:00 to 1:10 (10 min) just keep a heavy gear (65 rpm) @zone3 or low zone4 .

# WEEK 4-Recovery

## Monday

-Gym work

30 min core & stretching

## Tuesday

- 30 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

## Wednesday

-OFF

## Thursday

- 45 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

## Friday

-30 min easy spin on the bike with high cadence @zone1-2

## Saturday

-Gym work

30 min core & 30 min gluts & legs

## Sunday

-Long aerobic ride 1:15 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills)

**-AN EASY WEEK TO RELAX!!!**

## Monday

-Gym work

30 min core & stretching

# WEEK 5

## Tuesday

- 60 min aerobic ride indoor on a spinning bike with high cadence 80+ up to zone3

## Wednesday

-OFF

## Thursday

-15 min easy warm up @zone1-2 with high cadence

- (5 x 5 min tempo @zone4 with heavy gear (60-65 rpm)
- 3 min easy spin between for recovery @zone1 )
- 5 min easy spin to relax from 5 x 3 min and
- 1 x 12 min tempo @zone4 with high cadence @90 rpm

10 min easy cool down @zone1-2 for recovery

## Friday

-30 min easy spin on the bike with high cadence @zone1-2 for good recovery from Thursday's interval training

## Saturday

-Gym work

30 min core & 30 min gluts & legs

## Sunday

-Long aerobic ride 1:45 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills). From 22 min to 30 min (8 min) and from 52 to 1:00 (8 min) and from 1:22 -1:30 (8 min) just keep a heavy gear (65 rpm) @zone4 .

## Monday

-Gym work

30 min core & stretching

# WEEK 6

## Tuesday

- 60 min aerobic ride indoor on a spinning bike and every 12 min I want 3 x 20 sec race @90rpm (high cadence) – 40 sec very easy spin to relax .Its 4 sets of 15 min (12+3)

## Wednesday

-OFF

## Thursday

-15 min easy warm up @zone1-2 with high cadence

- 6 x 30 sec race with high cadence 90rpm – 30 sec easy spin
- 5 min easy spin to relax and for main set :
- 3 x 8 min tempo @zone4 with heavy gear (60-65 rpm)
- 4 min easy spin between for recovery @zone1

10 min easy cool down @zone1-2 for recovery

## Friday

-45 min easy spin on the bike with high cadence @zone1-2 for good recovery from

Thursday's interval training

## Saturday

-Gym work

30 min core & 30 min gluts & legs

## Sunday

-Long aerobic ride 1:30 hour indoor @zone3 .Try to keep high & heavy gears (mix route, flat and hills)

# RACE WEEK

## Monday

STRETCHING DAY

## Tuesday

-10 min easy warm up @zone1-2 with high cadence

- 5 x 2 min tempo @zone4 with heavy gear (60-65 rpm)
- 90 sec easy spin between for recovery @zone1

10 min easy cool down @zone1-2 for recovery

## Wednesday

OFF - MASSAGE DAY 😊

## Thursday

-30 min easy spin on the bike with high cadence @zone1-2 just to relax your legs

## Friday

1:00 hour easy bike ride outside with your bike or rental bike just to feel familiar and to check that everything works fine on it.

## Saturday

OFF

## Sunday

RACE DAY

- People that they have a bike and they want to ride outside just to know that 1:00 hour indoor is about 2:00 hours outside