

# PRE-SEASON PLAN

Week one | total ride time: 5 hours 30 minutes - 7 hours 10 minutes



## Goals of the week

- 1** This week do the [threshold test](#) to establish your correct training zones. If you're continuing on from the off-season base builder, you will have done a test only four weeks ago so do the 2X20 threshold session instead.
- 2** Plan your training week. You can switch your cross-training/rest/flexible days around to suit your life.
- 3** Identify the target events that you're working towards.

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training. Today's rest day is especially important as you've got a threshold test tomorrow.

### TUESDAY



Session type  
**Threshold test**

🕒 1 hour 10 minutes  
📊 Med/High

#### Session details

Session link:  
[Threshold test](#)

#### Ride tip

If you did the threshold test as part of week nine of the off-season base builder, do [2x20 threshold](#) today.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour 20 minutes  
📊 Med/High

#### Session details

Session link:  
[2x20 threshold](#)

#### Ride tip

If you've completed the off-season base builder you'll be familiar with this session and will be able to compare results and use past performances for pacing. If not, the threshold test you did earlier in the week should give you a good pacing reference point.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour 40 minutes  
📊 Med/High

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link:  
[VO2 efforts](#)

#### Ride tip

A demanding session of zone five efforts. If using heart rate rather than power, don't go off too hard as your heart rate will lag behind the effort.

### SUNDAY



Session type  
**Ride**

🕒 3 hours +  
📊 Low/Med

#### Session details

Session link:  
[Endurance with tempo and threshold efforts](#)

#### Ride tip

You might find that a gentle climb is best for the efforts.

# PRE-SEASON PLAN

Week two | total ride time: 5 hours 40 minutes - 7 hours 20 minutes



## Goals of the week

**1** The priority is to complete the two midweek sessions and the Sunday long ride.

**2** If you found last week's Sunday ride okay and didn't do the Bonus Session, try it this week.

**3** Devote at least one of the Cross-Training sessions to [mobility work](#).

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

### TUESDAY



Session type  
**Indoor trainer**

🕒 1 hour 30 minutes  
📊 Med/High

#### Session details

Session link:  
[Under/over](#)

#### Ride tip

Try to pace the efforts as accurately and consistently as possible. Keeping resistance and cadence constant and just shifting gear can work well.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour 10 minutes  
📊 Med/High

#### Session details

Session link:  
[Under/over with surges](#)

#### Ride tip

Adding another layer of intensity to the Under/Over session. Make sure you really sprint hard and then get back to sweet-spot intensity as quickly as possible.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour 40 minutes  
📊 Med/High

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link:  
[VO2 efforts](#)

#### Ride tip

You might find it easier to hit and consistently hold Zone 5 intensity on a climb.

### SUNDAY



Session type  
**Ride**

🕒 3 hours +  
📊 Low/Med

#### Session details

Session link:  
[Endurance with tempo and threshold efforts](#)

#### Ride tip

Don't switch off once you've finished the efforts, maintain a solid zone two intensity.

# PRE-SEASON PLAN

Week three | total ride time: 5 hours 40 minutes - 7 hours 25 minutes



## Goals of the week

**1** Improve your performance in the [under/over with surges](#) session.

**2** If you haven't tried the Bonus Session yet, consider trying the [VO2 Efforts](#) from Week one and two.

**3** Push on with the anaerobic capacity session if you've done the previous bonus sessions.

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

### TUESDAY



Session type  
**Indoor trainer**

🕒 1 hour 10 minutes  
📊 Med/High

#### Session details

Session link:  
[Under/over with surges](#)

#### Ride tip

Use your experience of this session last week to help your pacing.  
Really focus on maintaining your sweet-spot "recovery pace", don't let it drop off.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it.  
Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.  
Listen to your body and, if necessary, some rest or a restorative activity may be better.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour 30 minutes  
📊 Med/High

#### Session details

Session link:  
[Ramped intervals](#)

#### Ride tip

A hard session to pace well using heart rate. Don't try and punch into zone five too aggressively or you'll overshoot it. Use the first minute to steadily build your heart rate.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it.  
Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.  
Listen to your body and, if necessary, some rest or a restorative activity may be better.

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour 45 minutes  
📊 Med/High

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link:  
[Anaerobic capacity efforts](#)

#### Ride tip

These efforts are all about quality, if it starts to drop off too much, end the set.

### SUNDAY



Session type  
**Ride**

🕒 3 hours +  
📊 Low/Med

#### Session details

Session link:  
Endurance with [threshold and sub-threshold efforts](#)

#### Ride tip

Consider using a hill for the threshold efforts.

# PRE-SEASON PLAN

Week four | total ride time: 3 hours 55 minutes



## Goals of the week

1

The main focus of this week is recovery, so avoid any unnecessary stress on your body.

2

Choose restorative cross training options such as yoga, Pilates, swimming or focussed [mobility work](#).

3

Book yourself in for a massage.

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

### TUESDAY



Session type  
**Indoor trainer**

🕒 55 minutes

📶 Low

#### Session details

Session link:  
[Leg speed](#)

#### Ride tip

Keep the resistance and gear low to maximise your leg speed.

This is a great session to do on rollers.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour

📶 Low

#### Session details

Session link:  
[Spin out](#)

#### Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and not bouncing in the saddle.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Don't undo the recovery benefits of this week by hitting the gym too hard. Give yourself an extra rest day, choose a restorative activity or get a massage.

### SATURDAY



Session type  
**Flexible day/rest**

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, rest up well for tomorrow's ride.

### SUNDAY



Session type  
**Ride**

🕒 2 hours +

📶 n/a

#### Session details

Session link:  
[Free ride](#)

#### Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.

# PRE-SEASON PLAN

Week five | total ride time: 6 hours - 7 hours 45 minutes



## Goals of the week

1

Try to improve your ramped intervals performance from week three.

2

See if there's a local club 10-mile time trial you can take part in.

3

If you didn't manage the bonus session during the first three weeks, try and work through those workouts during this block.

### MONDAY



Session type  
**Rest day**

### TUESDAY



Session type  
**Indoor trainer**

🕒 1 hour and 30 minutes  
📊 Med/High

### WEDNESDAY



Session type  
**Cross training/rest**

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour and 30 minutes  
📊 Med/High

### FRIDAY



Session type  
**Cross training/rest**

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour and 45 minutes  
📊 Med/High

### SUNDAY



Session type  
**Ride**

🕒 3 hours +  
📊 Low/Med

#### Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

#### Session details

Session link:  
[Ramped intervals](#)

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

Session link:  
[Ramped intervals](#)

#### Option: 10-mile Time Trial

Many club time trials start in April and May. These are usually low key evening events that, even if you ride a road bike, are a great way to get a quality workout and monitor your progress. You could opt for this instead.

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link:  
[Anaerobic capacity efforts](#)

#### Session details

Session link:  
Endurance with [threshold and sub-threshold efforts](#)

#### Ride tip

Refer back to when you did this session in week three to help you judge your pacing of the efforts.

#### Ride tip

Your last time doing this session so make sure you give the sprints 100%.

#### Ride tip

These efforts are all about quality, if it starts to drop off too much, end the set.

#### Ride tip

Consider using a hill for the Threshold efforts.

# PRE-SEASON PLAN

## Week six | total ride time: 6 hours 20 minutes - 7 hours 20 minutes



### Goals of the week

**1** Have you done a Bonus Session yet? If not, try one from Weeks 1-3.

**2** If you're doing a club 10-mile TT, don't forget to do the [British Cycling 20-minute warm-up](#) beforehand.

**3** Don't forget to include some focussed mobility work, even if it's just 5 minutes each day.

### MONDAY



Session type  
**Rest day**

### TUESDAY



Session type  
**Indoor trainer**

🕒 1 hour and 40 minutes  
📊 Med/High

### WEDNESDAY



Session type  
**Cross training/rest**

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour and 40 minutes  
📊 Med/High

### FRIDAY



Session type  
**Cross training/rest**

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour and 45 minutes  
📊 Med/High

### SUNDAY



Session type  
**Ride**

🕒 3 hours +  
📊 Low/Med

#### Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

#### Session details

Session link:  
[Intensity Slide](#)

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial.

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

Session link:  
[Intensity Slide](#)

**Option: 10-mile Time Trial**  
Many club time trials start in April and May. These are usually low key evening events that, even if you ride a road bike, are a great way to get a quality workout and monitor your progress. You can opt for this instead.

#### Session details

Your cross training should complement your riding and not adversely affect it.

Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial

Listen to your body and, if necessary, some rest or a restorative activity may be better.

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the bonus ride or an extra rest day.

Session Link:  
[One minute intervals](#)

#### Session details

Session link:  
[Endurance with Tempo, Threshold Criss-Cross and Threshold Efforts](#)

#### Ride tip

This is a tough session but don't hold back on the 15-second efforts, make sure you give them 100%.

#### Ride tip

Use Tuesday's session to help your pacing.

#### Ride tip

Less volume but more intensity. Start the minute efforts at 100% and just try and hold on, don't try and pace them.

#### Ride tip

Make sure you fuel well as you'll need plenty in the tank for the efforts in the final hour.

# PRE-SEASON PLAN

Week seven | total ride time: 6 hours 40 minutes - 7 hours 40 minutes



## Goals of the week

**1** Just two weeks to go until the end of the plan, have you entered your key [events](#)?

**2** Take a look at our Discipline Specific Training Plans for a final sharpening training block.

**3** As fatigue accumulates in this final hard week, it's even more important to keep on top of your [mobility work](#).

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week. You can change the rest day but do not do more than three consecutive days riding/exercise. Your body needs time to adapt to training.

### TUESDAY



Session type  
**Indoor trainer**

🕒 1 hour and 40 minutes  
📊 Med/High

#### Session details

Session link:  
[Intensity Slide](#)

#### Ride tip

Final time doing this session, really aim for consistency in the 5-minute efforts.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour and 40 minutes  
📊 Med/High

#### Session details

Session link:  
[Pyramid Intervals 2](#)  
**Option: 10-mile Time Trial**  
Many club time trials start in April and May. These are usually low key evening events that, even if you ride a road bike, are a great way to get a quality workout and monitor your pro-gress. You could opt for this instead.

#### Ride tip

Use Tuesday's session to help your pacing.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Your cross training should complement your riding and not adversely affect it. Many riders will find some focussed [mobility work](#) or dedicated [strength training](#) to be very beneficial. Listen to your body and, if necessary, some rest or a restorative activity may be better.

### SATURDAY



Session type  
**Bonus ride/flexible day**

🕒 1 hour  
📊 Med/High

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week. If not, consider the Bonus Ride or an extra rest day. Session Link:  
[Russian Steps](#)

#### Ride tip

If your legs are feeling tired or you're worried about tomorrow's ride, back the resistance/gearing right off and focus on leg speed.

### SUNDAY



Session type  
**Ride**

🕒 4 hours +  
📊 Low/Med

#### Session details

Session link:  
[Endurance with Tempo](#),  
[Threshold Criss-Cross](#),  
[Threshold Efforts and Sprints](#)

#### Ride tip

Adding an extra hour and sprints to last week's ride, this is a tough one. Get a group together to add a bit of competitive edge to the sprints.

# PRE-SEASON PLAN

Week eight | total ride time: 3 hours 55 minutes



## Goals of the week

- 1** The main focus of this week is recovery, so avoid any unnecessary stress on your body
- 2** Take some time to plan your next training block, ensuring that you factor in events and races.
- 3** Book yourself in for a massage and your bike in for a service

### MONDAY



Session type  
**Rest day**

#### Session details

Rest days need to be built into your training week.

You can change the rest day but do not do more than three consecutive days riding/exercise.

Your body needs time to adapt to training.

### TUESDAY



Session type  
**Indoor trainer**

🕒 55 minutes

📶 Low

#### Session details

Session link:  
[Leg speed](#)

#### Ride tip

Keep the resistance and gear low to maximise your leg speed.

This is a great session to do on rollers.

### WEDNESDAY



Session type  
**Cross training/rest**

#### Session details

Don't undo the recovery benefits of this week by hitting the gym too hard.

Give yourself an extra rest day, choose a restorative activity or get a massage.

### THURSDAY



Session type  
**Indoor trainer**

🕒 1 hour

📶 Low

#### Session details

Session link:  
[Spin out](#)

#### Ride tip

More high cadence work. Really focus on leg speed, keeping a still and relaxed upper body and not bouncing in the saddle.

### FRIDAY



Session type  
**Cross training/rest**

#### Session details

Don't undo the recovery benefits of this week by hitting the gym too hard.

Give yourself an extra rest day, choose a restorative activity or get a massage.

### SATURDAY



Session type  
**Flexible day/rest**

#### Session details

You may need to swap your long weekend ride to today or even one of the indoor workouts from the week.

If not, rest up well for tomorrow's ride.

#### Ride tip

Less volume but more intensity. Start the minute efforts at 100% and just try and hold on, don't try and pace them.

### SUNDAY



Session type  
**Ride**

🕒 2 hours +

📶 n/a

#### Session details

Session link:  
[Free ride](#)

#### Ride tip

This ride is about enjoying yourself, forgetting about training zones and just cycling for the pleasure of it. Explore some new roads, head out with the club or hit the trails on your mountain bike.