

Health Notice:

This training plan contains strenuous workouts and is meant to serve as a guide to developing a structured training program for a healthy individual. Please consult with your health professional before beginning this or any exercise program. Training workouts outlined herein should not be adopted without consultation with and approval from your health professional. Use of this information herein is at the sole choice and risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of the information described herein.

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Use of this training plan should be accompanied by the book "How to use a Cycling Training Plan" which was provided with this plan. This book will explain the basics behind this plan, how to determine the effort at which you should train and how to modify this plan to fit your goals and schedule. Each week's plan has a space at the bottom to record your actual training. It's very important and useful to record your training for future reference and comparison. This plan assumes you are only doing cycling training for time trialing. However, if you are training for triathlons, you will need time and energy for your swim and run workouts. Therefore you will have to back off on the amount of cycling training that is listed in this plan to make room for those. You may only do 2-3 of the cycling workouts listed, and replace the recovery rides with cross training sessions.

The Training Plan was created by Coach David Ertl and was purchased from www.CyclesportCoaching.com - for additional plans and other cycling training information, please refer to this website.

If you would like personalized training plans, Coach Ertl is available for one-on-one coaching. Please visit www.CyclesportCoaching.com for more information about coaching programs.

Workouts in this Training Plan Template are color coded to make it easier to recognize certain types of workouts.

Light Purple indicates a recovery workout or day off completely

Rose indicates an endurance workout

Green indicates a tempo workout

Yellow indicates a threshold workout

Blue indicates an anaerobic workout

Orange indicates a leg or upper body strength workout

White indicates a leg speed workout

Gray indicates a power workout

Training Zones:

Training zones are used in these training plans to prescribe the intensity of the workouts. These are typically based on levels of effort and are listed according to RPE or percentage of your Anaerobic Threshold (AT) or Threshold Power (TP). There are several versions of zones available, here's the zones I use:

Heart Rate Zones:

Zone 1 = Recovery (<71% of AT) – uses the aerobic system

Zone 2 = Endurance (72-81% of AT) – uses the aerobic system

Zone 3 = Tempo Pace (82-91% of AT) – uses mainly aerobic system

Zone 4 = Threshold Pace (92-102% of AT) – uses mainly aerobic system with some anaerobic system

Zone 5 = Anaerobic Pace(101-110% of AT) – covers zone where aerobic converts to the anaerobic system.

Zone 6 = Maximum aerobic capacity (Too short to record HR) – anaerobic and CP systems

Training Zones:

Training zones are used in these training plans to prescribe the intensity of the workouts. These are typically based on levels of effort and are listed according to RPE or percentage of your Anaerobic Threshold (AT) or Threshold Power (TP). There are several versions of zones available, here's the zones I use:

Power Zones:

Zone 1 = Recovery (<55% of TP) – uses the aerobic system

Zone 2 = Endurance (56-75% of TP) – uses the aerobic system

Zone 3 = Tempo Pace (76-90% of TP) – uses mainly aerobic system

Zone 4 = Threshold Pace (91-105% of TP) – uses mainly aerobic system with some anaerobic system

Zone 5 = Anaerobic Pace (106-120% of TP) – covers zone where aerobic converts to the anaerobic system.

Zone 6 = Maximum aerobic capacity (V02 Max) (>120% of TP) – anaerobic and CP systems

Sample file

Time Trial Cyclist / Triathlete Training Plan

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (First Week of January)	Upper Body Strength Training: Warm up for 10 on cardio machine. Conduct an upper body and core strength training routine.	Alternating 15 Sec Intervals: Warm up for 10 Min. Begin a series of 15 sec intervals at time trial (zone 4) pace followed by 15 seconds of recovery by pedaling easier. Repeat this sequence for 30 min. Spin easily for 10 min. Then do a second 30 min set of 15 sec intervals. Warm down 10 min.	5 Min Intervals: Warm up for 15 min. Do a zone 4 interval and hold for 5 min. Recover for 5 min with spinning. Repeat 8 more times for a total of 9 intervals. Warmdown.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.	Upper Body Strength Training: Warm up for 10 on cardio machine. Conduct an upper body and core strength training routine.	LSD Ride: Ride in zone 2 - Long Steady Distance. It's okay for heart rate to briefly move into zones 3 and 4 on hills but majority of ride should be in zone 2.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.
Planned Time	0:40	1:30	2:00	0:50	0:40	1:00	0:50
Actual Workout Log							

Sample file

Time Trial Cyclist / Triathlete Training Plan

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	Upper Body Strength Training: Warm up for 10 on cardio machine. Conduct an upper body and core strength training routine.	Alternating 30 Sec Intervals: Warm up for 10 Min. Begin a series of 30 sec intervals at time trial (zone 4) pace followed by 30 seconds of recovery by pedaling easier. Repeat this sequence for 30 min. Spin easily for 10 min. Then do a second 30 min set of 30 sec intervals. Warm down 10 min.	10 Minute Repeats: Warm up 15 min. Do a 10 min time trial interval at a sustainable zone 4 pace. Spin for 5 min and repeat 4 more times. Warmdown for 10-15 min.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.	Day Off: Take the day completely off the bike. Stay active but avoid strenuous exercise involving the legs. This day is meant to give legs complete rest.	Endurance with 5 min Intervals: After 15 min warmup, start a 5 min threshold interval reaching zone 4 and hold for 5 min. Spin for 15 min in zone 2. Then repeat intervals every 20 min for duration of ride.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.
Planned Time	0:40	1:30	1:45	2:50	0:00	1:30	0:50
Actual Workout Log							

Sample file

Time Trial Cyclist / Triathlete Training Plan

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	Upper Body Strength Training: Warm up for 10 on cardio machine. Conduct an upper body and core strength training routine.	Decreasing Intervals: Warm up for 10 min. Do a 10 min interval in zone 4, recovery spin for 5 min, 5 min in zone 4, 3 min recovery spin, 3 min in zone 4. Spin easily for 10 min and repeat sequence two more times. Warm down.	Alternating 1 Min Intervals: Warm up for 10 Min. Begin a series of 1 Min intervals at time trial (zone 4) pace followed by 1 Min of recovery by pedaling easier. Repeat this sequence for 20 min. Spin easily for 10 min. Then do a second 20 min set of 1 Min intervals. Warm down 10 min.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.	Upper Body Strength Training: Warm up for 10 on cardio machine. Conduct an upper body and core strength training routine.	Endurance with 10 min Intervals: After 15 min warmup, start a 10 min threshold interval reaching zone 4 and hold for 5 min. Spin for 20 min in zone 2. Then repeat intervals every 30 min for duration of ride.	Leg Strength Training in Gym: Warm up 10 min on stationary bike, conduct Strength Endurance leg strength workout. Spin 10 min at end.
Planned Time	0:40	1:30	1:15	0:55	0:40	1:30	0:50
Actual Workout Log							

Sample file