

Advanced Cycling Training Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 hour long ride - pace easy	rest	45 minutes: hills session 1 (3 minutes x 6)	rest	60 minutes steady	rest	45 minutes easy
2	3.5 hour long ride - pace easy with a fast finish	rest	60 minutes: intervals 30/30 for 20 minutes	60 minutes steady	60 minutes hills session 3 (60 seconds x 8)	rest	45 minutes easy
3	4 hour long ride - on a hilly route	rest	60 minutes: hills session 2	60 minutes hard	60 minutes: 20 minutes of 30/30	rest	60 minutes easy
4	3.5 hour long ride - pace easy	rest	45 minutes: hills session 3 (90 seconds x 8)	60 minutes steady	45 minutes easy	rest	45 minutes easy
5	4 hour long ride - pace easy with a fast finish	rest	80 minutes: hills session 1 (4 minutes x 7)	90 minutes steady	60 minutes including intervals 5x5	rest	60 minutes easy
6	4 hour long ride - on a hilly course	rest	90 minutes: hills session 2	60 minutes hard	90 minutes including intervals 5x5	rest	60 minutes steady
7	4.5 hour long ride with a fast finish	rest	60 minutes: 20 minutes of 30/30	90 minutes steady	90 minutes: hills session 3 (2 minutes x 8)	rest	70 minutes steady
8	5 hour long ride - on a hilly route	rest	60 minutes: hills session 1 (4 minutes x 7)	80 minutes hard	80 minutes steady	rest	90 minutes steady
9	4 hour long ride - pace easy with a fast finish	rest	60 minutes: 5x5 intervals	60 minutes steady	45 minutes easy	rest	45 minutes easy
10	4 hour long ride - pace easy	rest	60 minutes: 15 minutes of 30/30	rest	45 minutes easy	rest	Event Day