

## Intermediate 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 by 6)	rest	60 minutes steady	rest	45 minutes easy
2	3 hour long ride - pace easy	rest	45 minutes: intervals 30/30 for 15 minutes	45 minutes steady	45 minutes hills session 3 (60 seconds x 8)	rest	45 minutes easy
3	3.5 hour long ride - pace easy	rest	60 minutes: hills session 2	45 minutes hard	45 minutes: 20 minutes of 30/30	rest	50 minutes easy
4	3 hour long ride - pace easy	rest	45 minutes: hills session 3 (90 seconds x 8)	45 minutes steady	45 minutes easy	rest	45 minutes easy
5	3.5 hour long ride - pace easy with a fast finish	rest	60 minutes: hills session 1 (4 minutes x 6)	60 minutes steady	45 minutes including intervals 5x5	rest	50 minutes easy
6	3.5 hour long ride - pace easy with a fast finish	rest	60 minutes: hills session 2	60 minutes hard	60 minutes including intervals 5x5	rest	60 minutes steady
7	4 hour long ride	rest	60 minutes: 20 minutes of 30/30	60 minutes steady	60 minutes: hills session 3 (2 minutes x 8)	rest	60 minutes steady
8	4 hour long ride - pace easy with a fast finish	rest	60 minutes: hills session 1 (5 minutes x 6)	60 minutes hard	60 minutes steady	rest	50 minutes steady
9	3.5 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	3 hour long ride - pace easy	rest	60 minutes: 15 minutes of 30/30	rest	45 minutes easy	rest	<b>Event Day</b>