



	1 ST WEEK	2 ND WEEK	3 RD WEEK	4 TH WEEK	5 TH WEEK
Monday		Strength and mobility work	Strength and mobility work	Strength and mobility work	Strength and mobility work
Thursday		Rest day	Rest day	Rest day	Rest day
Wednesday		Time: 1h Zone: 2 Terrain: Flat Equipment: MTB or home bike trainer or road bike. Observations: If you ride a road bike: + 30'	Time: 2h Zone: 3 Terrain: Flat Equipment: MTB or home bike training Observations: 30' z1-2 + 30' (3x9' at z3 + 1' at z1-2) + 1h z1-2	Time: 1h-2h Zone: 1 - 2 Terrain: Flat Equipment: MTB Observations: light road bike	Time: 2h Zone: 3 - 4 Terrain: Llano Equipment: MTB or home bike training Observations: 30' z1-2 + 1h (4x 10' a z3 + 3' a z4 + 2' a z1) + 30' z1-2
Thursday		Strength work + Time: 2h Zone: 1-2 Terrain: - Equipment: Home bike trainer or road bike Observations: If you ride a road bike: + 30'	Strength work + Time: 2h Zone: 1-2 Terrain: Flat Equipment: Home bike trainer or road bike Observations: light road bike (30' increase)	Strength work + Time: 1h Zone: 2 Terrain: - Equipment: Home bike trainer or road bike Observations: Light road bike	Strength work + Time: 2h Zone: 2 Terrain: - Equipment: Home bike trainer or road bike Observations: If you ride a road bike: + 30'
Friday	Time: 2h Zone: 1- 2 Terrain: flat Equipment: MTB Observations: light road bike	Rest day	Rest day	Rest day	Rest day
Saturday	Time: 2h-2h30' Zone: 2-3 Terrain: Rodador/llano Equipment: MTB or road bike Observations: If you are doing road bike, ride for 3h.	Time: 3h Zone: 3-4 Terrain: A route that includes 2 climbs of about 6km Equipment: MTB or road bike Observations: In the 2 climbs of 6km we alternate pace, sitting 2km (z3) standing 1km (z4), up finish upload.	Time: 3 - 4h Zone: 2-3 Terrain: Flat Equipment: MTB Observations: Halfway through: series of 12 km: 2km z2, 1km z3, and so on until the 12km are completed.	Time: 3h Zone: 3 - 4 Terrain: A route that includes 2 climbs of about 6km Equipment: BTT Observations: In the 2 climbs of 6km we alternate pace, sitting 2km (z3) standing 1km (z4), until the end of the climb.	Time: 3h Zone: 2 Terrain: Flat Equipment: MTB Observations: Group ride
Sunday	Rest Day	Time: 2h-2h30' Zone: 2 - 3 Terrain: Flat Material: MTB or road bike Observaciones: If you ride a road bike: + 30'	Time: 2h-2h30' Zone: 2-3 Terrain: Flat Equipment: MTB or road bike Observations: If you ride a road bike: + 30'	Time: 2h Zone: 2 Terrain: Flat Equipment: MTB Observations: Group ride	

INTENSITY ZONES

INTENSITY ZONE	%FTP	%HB
Zone 1		
Zone 2	< 55%	50-60%
Zone 3	55-75%	60-70%
Zone 4	75-90%	70-80%
Zone 5	90-105%	80-90%
Zone 6	105-120%	>90%
Zone 7	120-150%	
	>150%	

TIPS

- Start gradually
- This month we want to create the training routines; hence some days look like each other
- It is important to do 2 days of strength work (at least). One day should be dedicated to general strength work (Monday), you can go to the gym and do a good workout with weights. And on Thursday, a more specific strength work that you can do at home
- The rest days can be: one total rest + one active rest or both total rest. ACTIVE rest means yoga, pilates, swimming, walking, running... but at a slow pace (ZONE 1)
- Bike training should be at least 3 days a week, the fourth day if you can't, it's ok, you can complement it with another sport
- At the moment the workouts are organized by time, later will be specified by km, slope and / or pace
- If you are in a group, ride as close together as possible, practice sitting in the pack and relays