

THE ACTIVE CYCLIST'S

# SPORTIVE TRAINING PLAN

**wattbike**



## THE ACTIVE CYCLIST'S SPORTIVE TRAINING PLAN

We've partnered with **UK Cycling Events** to bring you top quality training plans to help you prepare for the challenges of the UK Cycling Events Sportives.

The active cyclist's sportive plan has been designed by Wattbike's sport scientist Eddie Fletcher to help seasoned sportive riders achieve their goals. This is the perfect plan for you if:

- You're a cyclist who rides regularly
- You're looking for a structured plan to help you prepare for your sportive.

If you don't ride regularly or this is your first sportive, our **Beginners Sportive Plan** may be more suitable for you.

This plan is 12 weeks in length and features two to four sessions per week of varying duration, perfect for the time crunched cyclist. You'll also have an alternate road session for some Wattbike sessions, so you can enjoy time out on the road, whilst still maintaining your plan.

### WEEK 1

SESSION	OUTDOOR	WATTBIKE
1	1:30 varied terrain Zone 1-Zone 5	60' Zone 2
2	45' - 60' Recovery-Zone 1	30' Zone 1 Focus on pedalling technique
3	1:30 varied terrain Zone 1-Zone 5	60' Zone 2
4		45' Progressive Session Zone 1-Zone 3
5 (optional)		
<b>Total</b>	<b>1:50-2:20</b>	

### WEEK 2

SESSION	OUTDOOR	WATTBIKE
1	1:45 flat terrain - Zone 1-Zone 4	60' Zone 2
2	45' - 60' Recovery-Zone 1	30' Zone 1 Focus on pedalling technique
3	1:45 flat terrain - Zone 1-Zone 4	45' Zone 2
4		45' Zone 1 with 2 x 4 mins Zone 4 efforts at 15' and 27'
5 (optional)		
<b>Total</b>	<b>3:00-5:00</b>	

# WEEK 03-05

## WEEK 3

SESSION	OUTDOOR	WATTBIKE
1	2:00 flat terrain - Zone 1-Zone 4	60' Zone 2
2	60' Zone 2	45' Zone 2-Zone 3
3	1:45 flat terrain - Zone 1-Zone 4	45' Zone 2
4		45' Zone 1 with 2 x 4 mins Zone 4 efforts at 15' and 27'
5 (optional)	45' - 60' Recovery-Zone 1	30' Zone 1
<b>Total</b>	<b>5:00 - 6:30</b>	

## WEEK 4

SESSION	OUTDOOR	WATTBIKE
1	2:00 include some hills - Zone 2-Zone 6	1:30 Zone 2-Zone 3
2	45' - 60' Recovery-Zone 2	30' Zone 1 Focus on pedalling technique
3	1:30 Zone 1-Zone 5 include Strength session with 3 x 3 min efforts at 35', 43' 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not too pull on bars too much	Strength session with 3 efforts. 10' progressive warm up to Z3 followed by 5' recovery, then 3 x 3' at Z3 60-70 cadence, 5' recovery between efforts, 10' cool down.
4	1:45 flat terrain - Zone 1-Zone 4	45' Zone 2
5 (optional)	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
<b>Total</b>	<b>4:00 - 6:30</b>	

## WEEK 5

SESSION	OUTDOOR	WATTBIKE
1	2:30 include some hills - Zone 2-Zone 6	1:30 Zone 2-Zone 3
2	45' - 60' Recovery-Zone 2	30' Zone 1 Focus on pedalling technique
3	1:30 Zone 1-Zone 5 include Strength session with 3 x 3 min efforts at 35', 43' 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not too pull on bars too much	Strength session with 3 efforts. 10' progressive warm up to Z3 followed by 5' recovery, then 3 x 3' at Z3 60-70 cadence, 5' recovery between efforts, 10' cool down.
4	2:00 flat terrain - Zone 1-Zone 4	60' Zone 2-Zone 3
5 (optional)	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
<b>Total</b>	<b>4:15 - 7:15</b>	

## WEEK 6

SESSION	OUTDOOR	WATTBIKE
1	2:45 include some hills - Zone 2-Zone 6	1:30 Zone 2 - Zone 4
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3	1:30 Zone 1-Zone 5 include Strength session with 3 x 3 min efforts at 35', 43' 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not too pull on bars too much	Strength session with 3 efforts. 10' progressive warm up to Z3 followed by 5' recovery, then 3 x 3' at Z3 60-70 cadence, 5' recovery between efforts, 10' cool down.
4	2:00 flat terrain - Zone 1-Zone 4	60' Zone 2-Zone 3
5 (optional)	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
<b>Total</b>	<b>4:25 - 7:30</b>	

## WEEK 7

SESSION	OUTDOOR	WATTBIKE
1	3:00 include some hills - Zone 2-Zone 6	1:30 Zone 2 - Zone 4
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3	1:30 Zone 1-Zone 5 include Strength session with 3 x 3 min efforts at 35', 43' 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not too pull on bars too much	Strength session with 3 efforts. 10' progressive warm up to Z3 followed by 5' recovery, then 3 x 3' at Z3 60-70 cadence, 5' recovery between efforts, 10' cool down.
4	2:00 flat terrain - Zone 1-Zone 4	60' Zone 2-Zone 3
5 (optional)	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
<b>Total</b>	<b>4:25 - 7:45</b>	

# WEEK 08-10

## WEEK 8

SESSION	OUTDOOR	WATTBIKE
1	3:15 include some hills - Zone 2-Zone 6	1:30 Zone 2 - Zone 4
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
4	1:15 flat terrain - Zone 1-Zone 4	45' Zone 2
5 (optional)		
<b>Total</b>	<b>3:25 - 6:30</b>	

## WEEK 9

SESSION	OUTDOOR	WATTBIKE
1	3:15 include some hills - Zone 2-Zone 6	1:30 Zone 2 - Zone 4
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
4	2:30 include some hills - Zone 2-Zone 6	1:30 Zone 2-Zone 3
5 (optional)	Power session - as WB session. On drops on road bike. Efforts on flat or slightly uphill	Power session 1 include 5 efforts. 10 minute warm up then 4 x 2' intervals with 4' recovery between intervals.
<b>Total</b>	<b>4:55 - 8:30</b>	

## WEEK 10

SESSION	OUTDOOR	WATTBIKE
1	3:30 include some hills - Zone 2-Zone 6	1:30 Zone 2 - Zone 4
2	45' Recovery-Zone 1	20' Zone 1
3	Power session - as WB session. On drops on road bike. Efforts on flat or slightly uphill	Power session 2 include 6 efforts. 10 minute warm up then 4 x 2' intervals with 4' recovery between intervals.
4		45' Progressive Session Zone 1-Zone 5
5 (optional)	2:00 flat terrain - Zone 1-Zone 4	60' Zone 2-Zone 3
<b>Total</b>	<b>4:20 - 7:45</b>	

## WEEK 11

SESSION	OUTDOOR	WATTBIKE
1	4:00 include some hills - Zone 2-Zone 6 up to 6:00 in group	1:30 Zone 2 - Zone 4
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3		20' Test OR 10 mile TT
4	1:45 include some hills - Zone 2-Zone 6	60' Zone 2-Zone 4
5 (optional)	60' Cadence session Zone 1-Zone 4 include 4 'rev outs' downhill (downhill sprints)	30' Cadence session Zone 1-Zone 2 include 4 'rev outs' on lowest resistance setting
<b>Total</b>		<b>4:25 - 8:30</b>

## WEEK 12

SESSION	OUTDOOR	WATTBIKE
1		45' Progressive Session Zone 1-Zone 5
2	1:00 flat terrain - Zone 1-Zone 4	40' Zone 2
3	3:15 include some hills - Zone 2-Zone 6	
4		
5 (optional)	45' Zone 1 with 2 x 4 mins Zone 4 efforts at 15' and 27'	
<b>Total</b>		<b>5:10 - 5:45</b>

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