

BEGINNERS

# SPORTIVE TRAINING PLAN

**wattbike**



## THE BEGINNERS 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 beginners sportive plan has been designed by Wattbike's sport scientist Eddie Fletcher to guide those who are new to sportives. This is the perfect plan for you if:

- You've never completed a sportive before
- You're looking to regain endurance after a stint off the bike.

If you're a more experienced cyclist who rides regularly, our **Active Cyclists 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	45'-60' Zone 1	30' Zone 1
2		20' Zone 1 with 1 x 5 mins Zone 2 interval at 7.5'
3		20' Zone 1 Focus on Pedalling Technique
<b>Total</b>		<b>1:10-1:25</b>

### WEEK 2

SESSION	OUTDOOR	WATTBIKE
1		30' Zone 1 with 1 x 5 mins Zone 2 interval at 12.5'
2	30'-45' Recovery riding, flat terrain	20'-30' Zone 1 higher cadence Focus on Pedalling Technique
3		30' Zone 1 with 1 x 5 mins Zone 2 interval at 12.5'
<b>Total</b>		<b>1:20-1:45</b>

WEEK 3

SESSION	OUTDOOR	WATTBIKE
1		30' Zone 1
2	1:15 include some small hills - Zone 2-Zone 5	30' Zone 1 with 1 x 10 mins Zone 2 interval at 10'
3	45' Recovery	20' Zone 1 Focus on Pedalling Technique
4	60' include some small hills - Zone 2-Zone 5	30' Zone 2
<b>Total</b>		<b>1:50-3:30</b>

WEEK 4

SESSION	OUTDOOR	WATTBIKE
1	1:15 include some small hills - Zone 2-Zone 5	45' Zone 2
2	45' Recovery	20' Zone 1 Focus on Pedalling Technique
3	1:30 varied terrain - Zone 1-Zone 5	60' Zone 1-Zone 2
4		35' Zone 1 inc 2 x 5mins Zone 3 intervals at 7.5' and 22.5'
<b>Total</b>		<b>2:40-4:05</b>

WEEK 5

SESSION	OUTDOOR	WATTBIKE
1	1:30 varied terrain - Zone 1-Zone 5	60' Zone 2
2		35' Zone 1 inc 2 x 5mins Zone 3 intervals at 7.5' and 22.5'
3	1:30 varied terrain - Zone 1-Zone 5	60' Zone 2
4		35' Zone 1 inc 2 x 5mins Zone 3 intervals at 7.5' and 22.5'
<b>Total</b>		<b>3:10-4:10</b>

WEEK 6

SESSION	OUTDOOR	WATTBIKE
1	1:45 flat terrain - Zone 1-Zone 4	60' Zone 2
2		20'-30' Zone 1 higher cadence Focus on Pedalling Technique
3	1:30 varied terrain - Zone 1-Zone 5	60' Zone 2 include 10 minute progress check at the start
4	1:30 varied terrain - Zone 1-Zone 5	60' Zone 2
<b>Total</b>	<b>3:20-5:15</b>	

WEEK 7

SESSION	OUTDOOR	WATTBIKE
1	2:00 flat terrain - Zone 1-Zone 4	1:30 Zone 2
2		20'-30' Zone 1 higher cadence Focus on Pedalling Technique
3	1:30 varied terrain - Zone 1-Zone 5	60' Zone 2-Zone 3
4	2:00 flat terrain - Zone 1-Zone 4	1:30 Zone 2
<b>Total</b>	<b>3:20-5:30</b>	

WEEK 8

SESSION	OUTDOOR	WATTBIKE
1		45' Zone 1 with 2 x 4 mins Zone 4 efforts at 15' and 27'
2		20'-30' Zone 1 higher cadence Focus on Pedalling Technique
3	2:30 include some hills - Zone 2-Zone 6	60' Zone 2-Zone 3
4		45' Zone 1 with 2 x 8 mins Zone 3 efforts at 6' and 30'
<b>Total</b>	<b>4:20-4:30</b>	

WEEK 9

SESSION	OUTDOOR	WATTBIKE
1	1:15 flat terrain - Zone 1-Zone 4	45' Zone 2
2		45' Zone 1 with 2 x 4 mins Zone 4 intervals at 15' and 27'
3	3:00 include some hills - Zone 2-Zone 6	1:30 Zone 2-Zone 3
4	1:15 flat terrain - Zone 1-Zone 4	45' Zone 2
<b>Total</b>		

WEEK 10

SESSION	OUTDOOR	WATTBIKE
1	45'-60' Recovery	30' Zone 1
2	4:00 include some hills - Zone 2-Zone 6	
3	45'-60' Recovery	30' Zone 1 include 10 minute progress check at the start
4	2:30 include some hills - Zone 2-Zone 6	
<b>Total</b>		<b>7:30-8:00</b>

WEEK 11

SESSION	OUTDOOR	WATTBIKE
1	4:00 include some hills - Zone 2-Zone 6 group ride	
2	45' Recovery	20' Zone 1
3		45' Zone 1 with 2 x 8 mins Zone 3 efforts at 6' and 30'
4	1:15 flat terrain - Zone 1-Zone 4	45' Zone 2
<b>Total</b>		<b>5:50-6:45</b>

WEEK 12

SESSION	OUTDOOR	WATTBIKE
1	2:00-2:30 flat terrain - Zone 1-Zone 4	60' Zone 2-Zone 3
2		
3	60' Zone 1	30'-45' Zone 1
4	EVENT	45' Zone 2
<b>Total</b>		<b>1:30-3:30</b>

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