

WINTER

# TRAINING PLAN

**wattbike**



# WINTER TRAINING PLAN

WEEK	SESSION 1		SESSION 2	SESSION 3	SESSION 4	
	ROAD	WATTBIKE	WATTBIKE	WATTBIKE	WATTBIKE	ROAD
<b>01</b> TEST & SET UP		3' TEST	30' Recovery- ZONE1	45' Recovery- ZONE1	30' Recovery- ZONE1	60' ZONE 1 - 3
PHASE 1						
<b>02</b>	90' ZONE 1-3	45' ZONE 2	Technique Session 1	2 x 20' ZONE 2-3	45' ZONE 1-2	90' ZONE 1-3
<b>03</b>	120' ZONE 1-3	60' ZONE 2	Technique Session 2	2 x 20' ZONE 3	60' ZONE 1-2	120' ZONE 1-3
<b>04</b>	150' ZONE 1-3	75' ZONE 2	Technique Session 3	20' ZONE 4+*	75' ZONE 1-2	150' ZONE 1-3
<b>05</b>	90' ZONE 1-3	45' ZONE 2	Technique Session 4	2 x 20' ZONE 2-3	45' ZONE 1-2	90' ZONE 1-3
<b>06</b> RECOVERY WEEK	60' ZONE 1-3	30' ZONE 1	45' Recovery	30' ZONE 1	10' Progress Check	
PHASE 2						
<b>07</b>	90-120' ZONE 1-3	45-60' ZONE 2	Technique Session 5	2 x 20' ZONE 2-3	45-60' ZONE 1-2	90-120' ZONE 1-3
<b>08</b>	120-150' ZONE 1-3	60-75' ZONE 2	Technique Session 6	2 x 20' ZONE 3	60-75' ZONE 1-2	120-150' ZONE 1-3
<b>09</b>	150-180' ZONE 1-3	75-90' ZONE 2	Technique Session 7	20' ZONE 4+*	75-90' ZONE 1-2	150-180' ZONE 1-3
<b>10</b>	90-120' ZONE 1-3	45-60' ZONE 2	Technique Session 8	2 x 20' ZONE 2-3	45-60' ZONE 1-2	90-120' ZONE 1-3
<b>11</b> RECOVERY WEEK	60' ZONE 1-3	30' ZONE 1	45' Recovery	30' ZONE 1	10' Progress Check	
PHASE 3						
<b>12</b>	90' ZONE 1-3	45' ZONE 2	Technique Session 9	2 x 20' ZONE 2-3	45' ZONE 1-2	90' ZONE 1-3
<b>13</b>	120' ZONE 1-3	60' ZONE 2	Technique Session 10	2 x 20' ZONE 3	60' ZONE 1-2	120' ZONE 1-3
<b>14</b>	150' ZONE 1-3	75' ZONE 2	Technique Session 11	20' ZONE 4+*	75' ZONE 1-2	150' ZONE 1-3
<b>15</b>	90' ZONE 1-3	45' ZONE 2	Technique Session 12	2 x 20' ZONE 2-3	45' ZONE 1-2	90' ZONE 1-3
<b>16</b> RECOVERY & RE-TEST	60' ZONE 1-3	30' ZONE 1	45' Recovery	30' ZONE 1	3' TEST*	

\*THE 20 MINUTE WARM UP SHOULD BE DONE BEFORE EACH OF THESE SESSIONS

Weather permitting one of either session 1 or 4 should be a road ride (unless shown as a Test or Progress Check). The session should, wherever possible be a flat/varied terrain recovery ride. Wattbike sessions 1 & 4 – these sessions can be split into intervals (2 minute rest) i.e.

45' = 2 x 22.5' or 3 x 15'

60' = 2 x 30' or 3 x 20' or 4 x 15'

75' = 2 x 37.5' or 3 x 25'

90' = 2 x 45' or 3 x 30' or 4 x 22.4'

Rest Interval for session 3 = 5'

# SESSION 01-04

## TECHNIQUE WORKOUT RESISTANCE LEVEL 1

### WEEK 2

SESSION 01	WARM UP	20 mins 5 x 4' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90rpm (95, 100) Interval 4 95rpm (100, 105) Interval 5 100rpm (105, 110)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 3

SESSION 02	WARM UP	20 mins 4 x 5' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80rpm (85, 90) Interval 2 85rpm (90, 95) Interval 3 90rpm (95, 100) Interval 4 95rpm (100, 105)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 4

SESSION 03	WARM UP	20 mins 3 x 6' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80rpm (85, 90) Interval 2 85rpm (90, 95) Interval 3 90rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 5

SESSION 04	WARM UP	20 mins 5 x 4' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80rpm (85, 90) Interval 2 85rpm (90, 95) Interval 3 90rpm (95, 100) Interval 4 95rpm (100, 105) Interval 5 100rpm (105, 110)
	COOL DOWN	20 mins @ recovery Zone

# SESSION 05-08

## TECHNIQUE WORKOUT RESISTANCE LEVEL 2

### WEEK 7

SESSION 05	WARM UP	20 mins 4 x 5' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100) Interval 4 95 rpm (100, 105)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 8

SESSION 06	WARM UP	20 mins 3 x 6' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 9

SESSION 07	WARM UP	20 mins 3 x 7' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 10

SESSION 08	WARM UP	20 mins 4 x 5' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100) Interval 4 95 rpm (100, 105)
	COOL DOWN	20 mins @ recovery Zone

# SESSION 09-12

## TECHNIQUE WORKOUT RESISTANCE LEVEL 3

### WEEK 12

SESSION 09	WARM UP	20 mins 3 x 6' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 8

SESSION 10	WARM UP	20 mins 3 x 7' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 9

SESSION 11	WARM UP	20 mins 2 x 10' intervals 2 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

### WEEK 10

SESSION 12	WARM UP	20 mins 3 x 6' intervals 1 minute rest between intervals
	WORKOUT	Interval 1 80 rpm (85, 90) Interval 2 85 rpm (90, 95) Interval 3 90 rpm (95, 100)
	COOL DOWN	20 mins @ recovery Zone

**wattbike**

WATTBIKE.COM



@WATTBIKE



/WATTBIKE



/WATTBIKE