

TRAINING PLAN ACTIVE CYCLIST

POLAR
LISTEN TO YOUR BODY

Sport:	Cycling
Level:	Active Cyclist
Duration:	8 weeks
Scope:	Cycling training with Kéo Power
Activities include:	Endurance cycling, Intervals

Polar Test Protocol

When you start training with a Power meter, you need to set some parameters: First Functional Threshold (FTP) and then Training Zones. These zones will be calculated using the FTP. The FTP is your maximum 60 minute average Wattage. To make it easier to get the numbers, do a field test of 30 minutes, outdoor or indoor, making sure that the equipment is properly calibrated and the same each time you do this test.

Step 1.

WARM-UP

30 minute warm-up ride that includes two 1 minute periods with a very high cadence and 5 minutes with increasing load working up to maximum effort. Calm ride during the last 5 minutes of Step 1.

Step 2.

TEST RIDE

30 minutes of steady maximum effort

Some tips for the test ride:

Do not start with an excessively high intensity level. Remember that you should keep the same power output for the entire duration of the test ride (30 mins). If you know your anaerobic heart rate limit, you can use it to set up your intensity level during the test ride. If you feel that you can go higher than your anaerobic heart rate limit, you can do it during the last 10 minutes of the ride. If the difference between the average power output during the first and last 10 minutes of the test is high (over 15%), you should try to do the test again some other time. A large variation on the average power output means that your effort during the test ride was not steady.

Do this test when you are well recovered and you feel that you are at least in 'normal form'.

If you feel that a 30 minute test ride is too long, you can instead opt for a 20 minute test. The optimum test ride duration is 1 hour.

Step 3.

WARM DOWN

20 minutes easy ride to warm down

60 minutes would be great.

20 minutes would be easier to replicate - Re-testing is important.

Training intensity and terminology:

E = Endurance

SE = Strength Endurance

SST = Sweet Spot Training

FTP = Threshold










AC = Anaerobic Capacity










▶ **WEEK 1 – 2**

		<p>VO2max 4 x 6 mins at 105 - 113% Duration 120 minutes, distance 60km</p>
	1 x Cycling	<p>30 mins warm up including 5 mins at higher speed 4 x 6 mins at 105 - 113% with a 5 min rest inbetween 20 min warm down</p>
		<p>E 90 mins at 56 - 75% ES Duration 90 minutes, distance 50km</p>
	1 x Cycling	<p>20 mins warm up 4 x 5 mins at 70 - 75% with high rpm +100 (Endurance Spin), 10 mins easy inbetween 15 mins warm down returning home</p>
		<p>AC 10 x 30secs at 200% Duration 120 minutes</p>
	1 x Cycling	<p>30 mins warm up 10 x 30secs at 200% with a 2 min break 30 mins warm down returning home</p>
		<p>E 180 mins at Force rep Duration 180 minutes, distance 90km</p>
	1 x Cycling	<p>60 mins warm up including some sprints as preparation 5 x 7 secs at max with a 3 min break - start from almost 0 speed and hit it hard on a big gear 20 mins easy pedalling 5 x 7 secs with a 3 min break, repeat as above. 30 mins warm down returning home</p>
		<p>E 210 mins at 60 - 75% 2 x 20 mins + 5 x 3 mins Duration 210 minutes, distance 90km</p>
	1 x Cycling	<p>30 mins normal pace/warm up 2 x 20 mins at 91 - 105% with 10 mins inbetween 20 mins normal pace 5 x 3 mins at 120% with a 3 min break 30 mins normal pace</p>







▶ **WEEK 3 – 4**

	1 x Cycling	AC 5 x 2 mins + 5 x 1 min + 5 x 30 secs. Duration 120 minutes, distance 60km
		20 mins warm up 5 x 2 mins at 135%, 3 min break 10 mins normal pace 5 x 1 min at 150%, 2 min break 10 mins normal pace 5 x 30 secs. at 200%, 2 min break 20 mins warm down
	1 x Cycling	VO2max 5 x 4 mins at 105 - 120% Duration 120 minutes, distance 60km
		20 mins warm up including 3 x 1 min at higher speed 5 x 4 mins at 106 - 120% with 4 mins break 20 mins warm down
	1 x Cycling	FTP 2 x 20 mins at 91 - 105% Duration 90 minutes, distance 50km
		20 mins warm up including 3 x 1 with increasing load 2 x 20 mins at 91 - 105% with a 5 min break 20 mins warm down
	1 x Cycling	E 120 mins at 75 - 90% AC/Tempo Duration 120 minutes, distance 60km
		20 mins warm up 20 mins at 75 - 90% 10 mins easy 6 x 1 min at 150% with a 1 min break 10 mins easy 20 mins at 75 - 90% 20 mins warm down
	1 x Cycling	E 240 mins at 60 - 75% 2 x 20 mins + 3 x 5 mins Duration 240 minutes, distance 120km
		60 mins normal pace/warm up 2 x 20 mins at 91 - 105% with 20 mins break inbetween 30 mins normal pace 3 x 5 mins at 113% with a 5 min break 60 mins normal pace

▶ **WEEK 5 – 6**

	1 x Cycling	<p>E 60 mins at 55 - 65% Duration 60 minutes, distance 30km</p> <p>Recovery Ride</p>
	1 x Cycling	<p>AC 8 x 1 min + 4 x 30 secs Duration 150 minutes</p> <p>30 mins warm up 8 x 1 min at 150% with a 2 min break 15 mins easy pedalling 4 x 30 secs at 200% with a 2 min break 30 mins warm down</p>
 	1 x Cycling	<p>AC 10 x 40 secs/20 x 2 at 150% Duration 90 minutes, distance 60km</p> <p>30 mins warm up 10 x 40secs at 150% with a 20 sec break 15 min easy 10 x 40 secs at 150% with a 20 sec break 20 min warm down</p>
	1 x Cycling	<p>E 60 mins at 55-65% Duration 60 minutes, distance 30km</p> <p>Recovery Ride</p>
	1 x Cycling	<p>VO2max 10 x 3 mins at 113 - 120% Duration 120 minutes, distance 50km</p> <p>30 mins warm up 5 x 3 mins at 113 - 120% with a 3 min break 15 mins easy 5 x 3 mins at 113 - 120% with a 3 min break 20 mins warm down returning home</p>
	1 x Cycling	<p>E 240 mins at 60 - 75% Group Ride Duration 240 minutes, distance 150km</p> <p>Steady endurance group ride - stay in control and keep it between 70 - 75% in front and on climbs.</p>

▶ **WEEK 7 – 8**

		AC 8 x 2 mins + 4 x 30 secs Duration 150 minutes
	1 x Cycling	30 mins warm up 8 x 2 mins at 135% with a 2 min break 15 mins easy pedalling 4 x 1 min at 150% with a 2 min break 30 mins warm down
		VO2max 4 x 5 mins at 113% Duration 120 minutes, distance 60km
	1 x Cycling	20 mins warm up 5 x 5 mins at 105 - 120% with a 5 min break or more 20 mins warm down returning home
		
	1 x Cycling	E 60 mins at 55 - 65% Duration 60 minutes, distance 30km Recovery Ride
	1 x Cycling	E 60 mins at 55 - 65% Duration 60 minutes, distance 30km Recovery Ride
	1 x Cycling	AC/FTP 5 x 2 mins + 15 mins Duration 120 minutes 30 mins warm up including 5 mins at 91 - 105% 5 x 2 mins at 135% with a 3 min break inbetween. 15 mins as hard as you can! 20 mins warm down
	1 x Cycling	E 240 mins at 60 - 75% 2 x 20 mins + 3 x 5 mins Duration 240 minutes, distance 120km 60 mins normal pace/warm up 2 x 20 mins at 91 - 105% with a 20 min break inbetween 30 mins normal pace 3 x 5 mins at 113% with a 5 min break 60 mins normal pace