





# TRAINING PLAN ACTIVE CYCLIST










**Sport:** Cycling  
**Level:** Active cyclist  
**Duration:** 6 weeks  
**Target:** Improve cycling performance  
**Activities include:** Endurance cycling, intervals


## ▶ WEEK 1 – 2


	1 x Cycling	Duration 90 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 45 min at 60–70 % of HRmax + 15 min at 50–60 % of HRmax, cadence 85–95
	1 x Cycling	Duration 120 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 60 min at 60–70 % of HRmax + 30 min at 50–60 % of HRmax, cadence about 90
 	1 x Cycling	Duration 150 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 45 min at 60–70 % of HRmax + 10 min at 50–60 % of HRmax + 20 min at 70–80 % of HRmax + 45 min cool down at 50–60 % of HRmax Cadence 90, except at 70–80 % of HRmax cadence 90–110


## ▶ WEEK 3 (HARD WEEK)


	1 x Cycling	Duration 120 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 60 min at 60–70 % of HRmax + 30 min at 50–60 % of HRmax, cadence 80–90.
 	1 x Cycling	Duration 90 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 3x10 min strength interval (cadence 60–70) at about 60–70 % of HRmax between 5 min easy cycling + 20 min cool down at 50–60 % of HRmax
 	1 x Cycling	Duration 120 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 30 min at 60–70 % of HRmax + 10 min at 50–60 % of HRmax + 20 min at 70–80 % of HRmax + 30 min cool down at 50–60 % of HRmax Cadence 80–90, except at 70–80 % of HRmax cadence 90–110
	1 x Cycling	Duration 180 minutes at basic endurance level, heart rate at 50–60 % of HRmax, cadence about 90

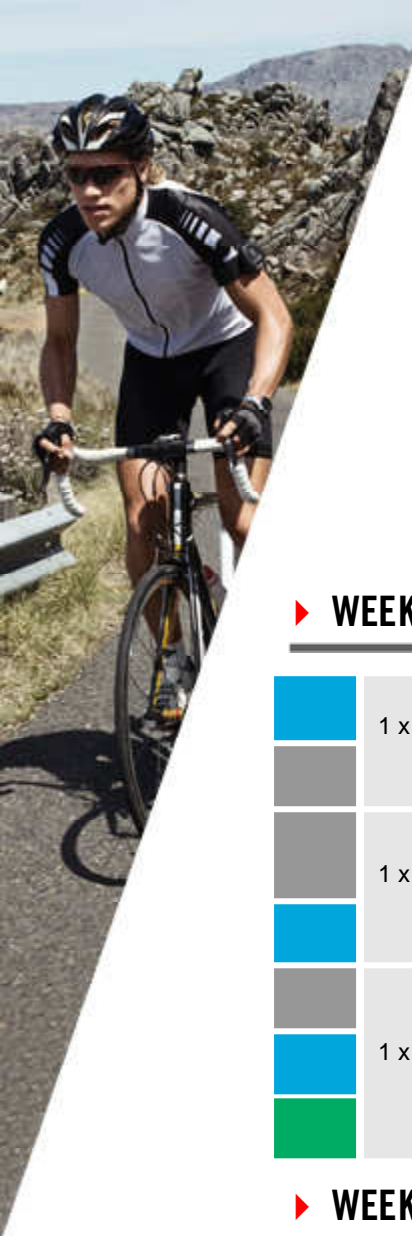
 Very hard  
90-100% of HRmax

 Hard  
80-90% of HRmax






 Moderate  
70-80% of HRmax

 Light  
60-70% of HRmax







 Very light  
50-60% of HRmax





▶ **WEEKS 4-5**


	1 x Cycling	Duration 90 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 45 min at 60–70 % of HRmax + 15 min at 50–60 % of HRmax, cadence 90
	1 x Cycling	Duration 120 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 60 min at 60–70 % of HRmax + 30 min at 50–60 % of HRmax, cadence 90
  	1 x Cycling	Duration 240 minutes at basic endurance level: 45 min heart rate at 50–60 % of HRmax + 45 min at 60–70 % of HRmax + 10 min at 50–60 % of HRmax + 20 min at 70–80 % of HRmax + 120 min at 50–60 % of HRmax Cadence 80–90, except at 70–80 % of HRmax cadence 90–110


▶ **WEEK 6 (HARD WEEK)**


	1 x Cycling	Duration 120 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 60 min at 60–70 % of HRmax + 30 min at 50–60 % of HRmax, cadence 90
	1 x Cycling	Duration 90 minutes at basic endurance level: 30 min heart rate at 50–60 % of HRmax + 3x10 min strength interval (cadence 60–70) at about 60–70 % of HRmax, between 5 min easy cycling + 20 min cool down at 50–60 % of HRmax
  	1 x Cycling	Duration 150 minutes at basic endurance level: 45 min heart rate at 50–60 % of HRmax + 10 min at 60–70 % of HRmax + 10 min at 50–60 % of HRmax + 40 min at 70–80 % of HRmax + 45 min cool down at 50–60 % of HRmax Cadence 80–90, except at 70–80 % of HRmax cadence 90–110
	1 x Cycling	Duration 210 minutes at basic endurance level, heart rate at 50–60 % of HRmax, cadence about 90

 Very hard  
90-100% of HRmax

 Hard  
80-90% of HRmax

 Moderate  
70-80% of HRmax

 Light  
60-70% of HRmax

 Very light  
50-60% of HRmax