



## 12 Week Training Plan

This plan assumes you have already completed the 6-week base training program, which we published in our first [Ride Guide](#), dated March the 27<sup>th</sup>. Let's assume that those who are following the training program began the first full week of April (April the 7th). The 6-week base training program would end on May the 18th. So, I have put together a 12-week program (Build, Peak & Taper), which begins at the end of the base program that will take you to the end of the week you are scheduled to arrive at the Tour start.

### The principles of this 12-week training programs are to:

1. **Build Endurance** (by including some longer rides),
2. **Improving Efficiency** (by including zone 2 work and tempo riding),
3. **Strength & Recovery** (increase muscular endurance w/ a mix of longer and more intense rides and focusing on rest),
4. **Simulating Event Conditions** (by incorporating blocks back-to-back riding days).

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### The Weeks Would Be Structured Like This:

- **Weeks 1–4 (Build Phase):** Focus on increasing long ride time, improving interval endurance.
- **Weeks 5–8 (Peak Phase):** Add true back-to-back weekend rides. Use midweek rides to support recovery and sustainability.
- **Weeks 9–11 (Taper):** Shorten all rides, maintain intensity (short intervals), and reduce total time each week.
- **Week 12 (Event Week):** 1–2 short easy rides early in the week, then full rest before the ride begins.

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### For Definition Will Define the Zones Referenced in This Program as:

**Power as a % of FTP (Functional Threshold Power) & Heart Rate as a % of LTHR (Lactate Threshold HR) + RPE (Rate of Perceived Exertion on a scale of 1-10)**

Your FTP & LTHR are the average Power and HR you can produce during an all-out 1 hour effort or 95% of your Power & HR averages during a 20 min effort

- Zone 1 (Recovery): <55% FTP | <68% LTHR | RPE 1-2
- Zone 2 (Endurance): 56–75% FTP | 69–83% LTHR | RPE 3-5
- Zone 3 (Tempo): 76–90% FTP | 84–94% LTHR | RPE 5-6
- Zone 4 (Threshold): 91–105% FTP | 95LTHR | RPE 6-7
- Zone 5 (VO2 Max): 106–120% FTP | 106–120% LTHR | RPE 7-8

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### Weeks 1–4: Build Phase

**Goal:** Increase aerobic capacity and muscular endurance.

- **Long Ride (1x/week):** Build up to 4.5–5 hours (70–90 miles). Keep these mostly zone 2.
- **Tempo/Threshold Ride (1x/week):** 60–90 mins with 2–3 x 15–20 min tempo intervals (zone 3/low 4).
- **Endurance Ride (1–2x/week):** 1.5–2.5 hours in zone 2.
- **Optional Short Ride:** Recovery spin or group ride for variety.
- **Strength Training (1x/week):** Maintain or slightly reduce from base period (focus on core/hips/legs).
- **Total Weekly Volume:** 8–12 hours.

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### Weeks 5–8: Peak Phase

**Goal:** Prepare the body for the rigors of consecutive long rides.

- **Back-to-Back Long Rides (1 weekend/week):** Start with 3–4 hrs Sat & 2–3 hrs Sun, build to two 5-hour rides.
- **Tempo Intervals (1x/week):** Increase tempo interval time (e.g., 3 x 20 min or 2 x 30 min).
- **Endurance Midweek Ride (1–2x/week):** 1.5–2 hours zone 2.
- **Optional Group Ride/Recovery Spin (1x/week).**
- **Mental Prep:** Practice on tired legs; simulate nutrition/hydration strategies.
- **Total Weekly Volume:** 10–14 hours.

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### Weeks 9–11: Tapering

**Goal:** Sharpen and recover.

- **Reduce volume by ~20% each week.**
- **Keep intensity with short tempo/threshold intervals (1x/week).**
- **One moderately long ride (2.5–3.5 hrs) on the weekend.**
- **Prioritize rest, sleep, and fueling.**

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### Week 12: Event Week

- Very light spin early in the week (45–60 min).
- Take 1–2 full rest days.
- Carb-load 1–2 days before.
- Final prep: check gear, nutrition, and mental state.

And lastly, for those you prefer a less structured approach or if following a plan just isn't your style, I would pare down your preparation to the following elements:

1. Ride Often (Consistency is the most important element for your progress & fitness)
2. Sometimes Ride Long
3. Sometimes Ride Hard
4. Join a Group Ride Occasionally (this will most probably push you harder than riding alone and cycling with others is fun)
5. Make Sure to Include 1 or 2 Rest or Easy Days Each Week
6. Be Sure to Include Some Simulation Rides (strive to include rides that approximate up to 80% of your anticipated time to complete a typical Tour stage and be sure to include blocks in which you ride back-to-back or better yet, 3 consecutive days to simulate the demands of the Tour)