

A black and white photograph of a cyclist riding a road bike. The cyclist is wearing a helmet, sunglasses, a dark jersey, and a light-colored vest. The background is a blurred outdoor setting, possibly a race course. Overlaid on the image is large, bold, blue text. The text is arranged in three lines: 'TRAINING PROGRAM' in a bold sans-serif font, 'INTERMEDIATE' in a bold italicized sans-serif font, and 'VOLUME' in a bold italicized sans-serif font. The text is centered horizontally and partially overlaps the cyclist's torso and the bike. There are also decorative purple wavy lines and a large, faint '11' in the background.

**TRAINING PROGRAM**  
***INTERMEDIATE***  
***VOLUME***

# INTERMEDIATE VOLUME TRAINING PROGRAM

## 9-17 Hours

This program assumes you will commence the first week with some kilometres already in the legs. Remember, consistency is the key to getting fitter, so try and ride as regularly as possible. If you miss a session it is OK, don't try and make it up, just get on with the program. Try to prioritise the key long rides as these are the most important sessions.

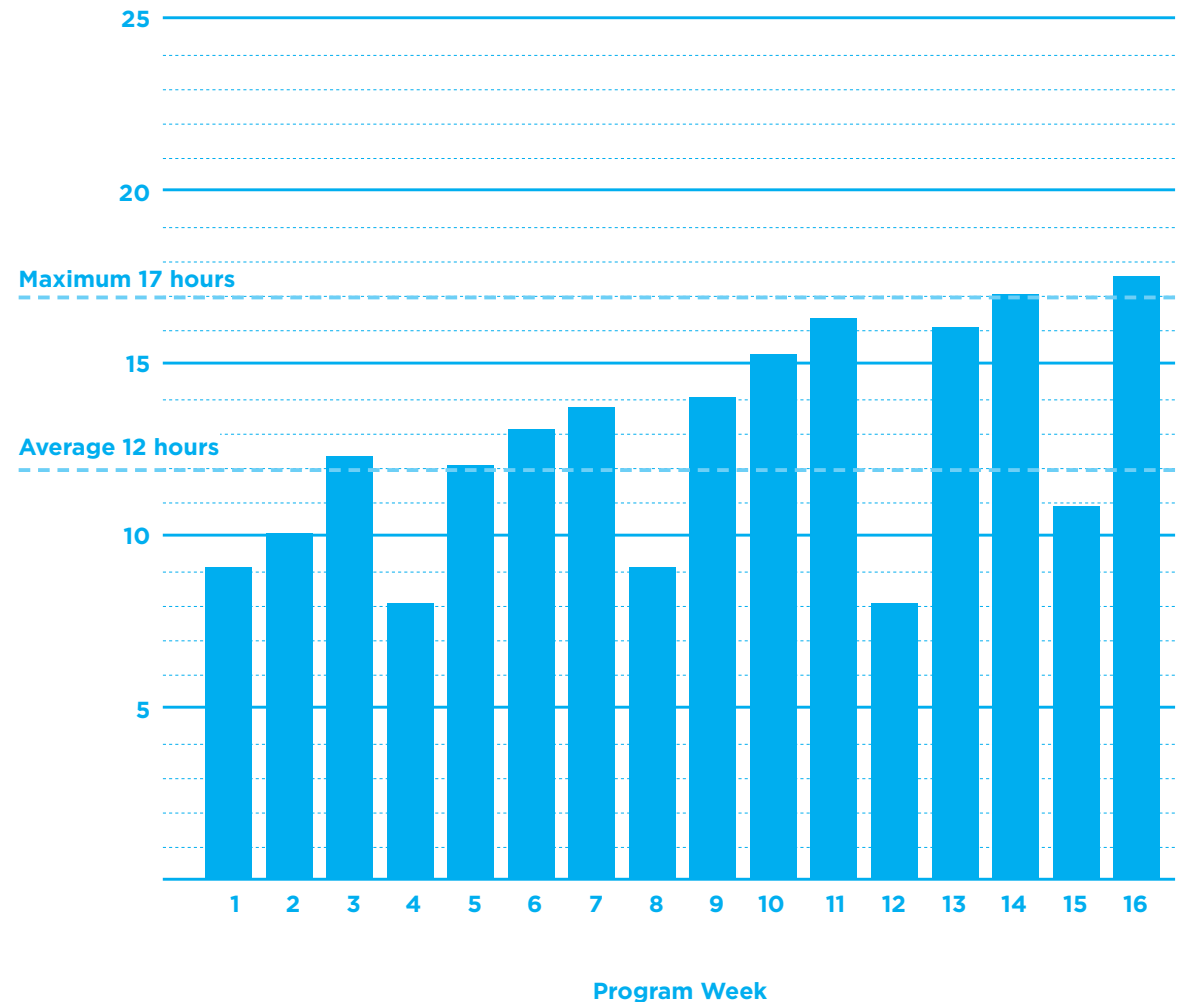
This program outline is [available for download](#) into Training Peaks if you would prefer to upload your data, monitor your progress and use the SMART Ergo files to perform indoor trainer sessions on platforms such as Zwift or Trainer Road.

Because of the hilly nature of the course it is recommended that you get out to the hills as often as possible for your training rides. Many of the sessions are hill specific. If you live in an area that doesn't have hills, then do your best to modify the efforts so that you achieve the outcomes for each session.

The program is sixteen weeks in total and follows a three week 'on' one week 'off' cycle, which includes four main phases:

- Weeks 1 to 4:** Base 1, Base 2, Base 3, Recovery.
- Weeks 5 to 8:** Build 1, Build 2, Build 3, Recovery.
- Weeks 9 to 12:** Build 4, Build 5, Build 6, Recovery.
- Weeks 13 to 16:** Focus 1, Focus 2, Focus 3, Event/Taper.

## PROGRAM SUMMARY



# Training with Power and Heart Rate

The training sessions are prescribed based on your specific training zones. Please refer to the training zones detailed within this program outline. The sessions try to cater for power, heart rate, and rating of perceived exertion.

## TERMINOLOGY

<b>Z</b>	This outlines the training Zone for the intervals within a session. This is either Heart Rate, Power or Perceived Effort (RPE)
<b>FTP</b>	Functional Threshold Power. Percentages of FTP are given for specific intervals
<b>TEMPO</b>	Designed to make you work at a harder consistent effort for a long time these will increase your aerobic fitness
<b>HR</b>	Heart Rate. Heart rate is often the most common way to guide training intensity. Be familiar with your Heart Rate Zones and the factors that influence it.
<b>RPE</b>	Rating of Perceived Exertion. This is a scale of 1 to 10 and is outlined in the training zones guide
<b>SE</b>	Strength Effort
<b>RPM</b>	Pedal revolutions per minute. Also known as cadence.

## TRAINING ZONES GUIDE

Zone	Intensity	% Threshold Power (FTP)	% Threshold Heart Rate	Perceived Exertion (RPE 1-10)	Feeling
<b>Zone 1</b>	Recovery	40% to 55%	50% to 70%	1 to 3	This is an intensity perceived to be VERY EASY.
<b>Zone 2</b>	Aerobic	56% to 75%	71% to 85%	3 to 5	This intensity is sustainable for many hours. The top of Zone 2 should feel LIGHT.
<b>Zone 3</b>	Tempo	76% to 90%	86% to 95%	5 to 6	This intensity is MODERATE and sustainable for prolonged periods but requires some focus. Breathing should still be controlled and fatigue should slowly occur. Zone 3 is typically 'Tempo Intensity' sustainable on the flats and long hills
<b>Zone 4</b>	Threshold	91% to 105%	96% to 105%	7 to 9	This intensity is HARD and requires specific training to be able to sustain. Intervals in this Zone usually range from 3 - 15 minutes.
<b>Zone 5</b>	Over Threshold	106% to 130%	106% to MAX	9 to 10	These efforts are VERY HARD. VO2 max corresponds with upper Zone 5. These efforts are in the range of 1 - 8 minutes in duration.

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	20 MIN FTP TEST	4 X 10 MIN STRENGTH EFFORTS	DAY OFF	AEROBIC CAPACITY - HEART RATE BASED	RECOVERY - COFFEE SHOP RIDE	STRENGTH ENDURANCE - 8 MIN SE'S	AEROBIC RIDE - BY FEEL
9:00	1:00	1:00		1:00	1:00	3:00	2:00
<p><b>20 NOVEMBER - 26 NOVEMBER</b></p> <p><b>BASE 1</b></p> <p><b>SESSION DESCRIPTION</b></p> <p>Use today as guide to check if your Training Zones need updating. If you are confident your zones are correct and match up with the zones used in the program then there is no need to do the test.</p> <p><b>This 20 min Power Test done on an on an indoor trainer so it is controlled and repeatable, however a good 20 min hill is even better.</b></p> <p>Ensure you are motivated and mentally prepared. If you cant commit 100% effort then postpone the test.</p> <p>Calibrate all power meters and ensure all equipment is working correctly. This includes Heart Rate monitors.</p> <p>Warm Up for a minimum of 10 mins building close to threshold as the warm up progresses.</p> <p>TEST: 20 min at your best sustainable power. Keep it steady. Don't go out too hard! On the trainer you should be able to sustain about 103-105% of your known FTP. Choose your optimal cadence and control the effort so you can come home strong. The key is in the pacing!</p> <p>Cool Down well and spin easy to finish off the session</p> <p>Typically FTP will be 95% of your 20 min power average.</p> <p>Threshold Heart Rate should approximately be the average heart rate you sustain during the effort.</p>	<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p><b>MAIN SET:</b> <b>4 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</b></p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>		<p>This session targets your efficiency. These are longer sustained efforts aiming to hold a specific heart rate inn your aerobic zone.</p> <p>This is a good session to complete fasted in the morning (possibly after a black coffee) as it will assist in weight loss without requiring high intensity efforts that may be negatively impacted by a lack of carbohydrate availability.</p> <p><b>MAIN SET:</b> <b>3 to 6 x 10 min on 2 min recovery at your top of Z2 Heart Rate. Target upper Z2 power but adjust power up or down to keep your heart rate at your target number.</b></p> <p>Power and heart rate zones my not coincide but focus on maintaining heart rate for this session.</p> <p>Ensure cadence is kept at 90 to 100 rpm.</p> <p>A short 5min cool down is sufficient</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p><b>MAIN SET:</b> <b>These really need a solid climb, you just cant get the tension in the legs on the flat.</b></p> <p><b>3 to 5 x 8 min SE's @ 50-60 rpm.</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	5 X 10 MIN STRENGTH EFFORTS	AEROBIC RIDE - BY FEEL	AEROBIC CAPACITY - HEART RATE BASED	RECOVERY - COFFEE SHOP RIDE	STRENGTH ENDURANCE - 10 MIN SE'S	AEROBIC RIDE - BY FEEL
10:00		1:15	1:00	1:15	1:00	3:30	2:00
27 NOVEMBER - 3 DECEMBER	BASE 2	SESSION DESCRIPTION					
		<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p><b>MAIN SET:</b>  <b>5 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</b></p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session targets your efficiency. These are longer sustained efforts aiming to hold a specific heart rate in your aerobic zone.</p> <p>This is a good session to complete fasted in the morning (possibly after a black coffee) as it will assist in weight loss without requiring high intensity efforts that may be negatively impacted by a lack of carbohydrate availability.</p> <p><b>MAIN SET:</b>  <b>3 to 4 x 10 min on 2 min recovery at your top of Z2 Heart Rate. Target upper Z2 power but adjust power up or down to keep your heart rate at your target number.</b></p> <p>Power and heart rate zones may not coincide but focus on maintaining heart rate for this session.</p> <p>Ensure cadence is kept at 90 to 100 rpm.</p> <p>A short 5min cool down is sufficient</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p><b>MAIN SET:</b>  <b>These really need a solid climb, you just cant get the tension in the legs on the flat.</b></p> <p><b>3 to 5 x 10 min SE's @ 50-60 rpm.</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	6 X 10 MIN STRENGTH EFFORTS	AEROBIC RIDE - BY FEEL	SEATED STRENGTH - VARYING INTENSITY	RECOVERY - COFFEE SHOP RIDE	STRENGTH ENDURANCE - 12 MIN SE'S	AEROBIC RIDE - BY FEEL
12:15		1:30	1:30	1:15	1:00	4:00	3:00
4 DECEMBER - 10 DECEMBER	BASE 3	SESSION DESCRIPTION					
		<p>The purpose of this session is a long sustained effort that fatigues the legs in the later half due to the consistent effort. It is sub-threshold so it should be sustainable.</p> <p>This is a good session for either a road or the trainer as it is intended to be sustained, steady and uninterrupted.</p> <p>Warm Up as needed then complete the main set.</p> <p><b>MAIN SET:</b>  <b>6 x 10 min on 2 min recovery. Target High Z2 Power (75 % FTP) or a bit lower (mid Z2 for HR as the low RPM reduces the HR lifting.</b></p> <p>Keep your cadence as low as you can manage. This should be in the range of 40 to 60 rpm.</p> <p>The goal is to build the number and intensity of efforts as you become better at completing the set.</p> <p>Cool down well after the main set.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session focuses on developing strength in a seated position. Find a rolling course where you can use the hills to do some efforts of varying intensity but all done in a big gear aiming for cadence to be 50 to 60 rpm range.</p> <p><b>MAIN SET:</b>  <b>Spread these efforts out with no specific duration. The longer the hill the lower the intensity (2 to 10 min = 90 to 100% FTP). The shorter the hill the higher the intensity (&lt; 2 min 100 to 120% FTP.</b></p> <p>Take rest when you need it between the efforts but try and link a few efforts together so the fatigue builds.</p> <p>Once the legs are cooked just roll easy Z2 for the remainder of the session.</p> <p>If you would prefer an ergo session then perform a set as follows as per the above guidelines.</p> <p>MAIN SET 1:            Set 1:            1 x 8 min            1 x 6 min            1 x 4 min            1 x 2 min</p> <p>MAIN SET 2:            1 x 7 min            1 x 5 min            1 x 3 min            1 x 1 min</p> <p>Recovery is 2 min b/w each interval and 5 min b/w the Sets.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>As part of a longer ride complete this main set. Ride the rest of the ride by feel with a focus on pushing a bigger gear when appropriate to compliment the low rpm / high tension efforts in the main sets.</p> <p><b>MAIN SET:</b>  <b>These really need a solid climb, you just cant get the tension in the legs on the flat.</b></p> <p><b>3 to 5 x 12 min SE's @ 50-60 rpm.</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Control the effort, build into it but make sure to keep your cadence low. Roll back down the hill and repeat.</p> <p>As the weeks progress you should be able to hold more power during the efforts.</p> <p>Focus on your cadence. 50-60 is the range you need to target to place the emphasis of the stress on your legs rather than your cardio.</p> <p>Find a good hill. A bit shorter effort is fine but it needs to be long enough to build some fatigue in the legs by the end of the effort.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC RIDE - BY FEEL	6 X 6 MIN @75% FTP - CADENCE FOCUS	DAY OFF	RECOVERY - COFFEE SHOP RIDE	20MIN POWER TEST (HILL) - 2 X MAIN SETS	AEROBIC RIDE - BY FEEL
8:00		1:00	1:00		1:00	4:00	1:00
11 DECEMBER - 17 DECEMBER							
RECOVERY 1							
SESSION DESCRIPTION		<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This is an aerobic session with a specific focus on a higher cadence than usual.</p> <p>Warm up for 10 min prior to commencing the main set. Include some specific high cadence drills to prepare the legs.</p> <p><b>MAIN SET:</b> <b>6 x 6 min on 2 min recovery at the top of Z2 HR and power. (75% FTP). Focus on form and a higher than usual cadence. This should be close to 100+ rpm if possible.</b></p> <p>Finish the session with a short cool down.</p>	<p>Enjoy and extra day off the bike</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The Main Goal for the session is to test your best 20 min power on a long climb.</p> <p>Ride out to a hill you know will take 20 mins. If it falls short then the 20 min power test wont work.</p> <p>The goal is a full 20 min effort. If know your FTP. Aim for that for the first couple of minutes and then lift the effort. This is so you don't cook yourself from the start.</p> <p>If you pace it correctly you shouldn't fade too much in the last 1/4 of the test.</p> <p><b>MAIN SET 1:</b> <b>20 min Test - Go hard. Best power. Use the above directions as a guide.</b></p> <p>Take a good rest after the 20 min test (20 min minimum) then complete Main Set 2.</p> <p><b>MAIN SET 2:</b> <b>On the same climb compete 1 x 20 min 75% effort. Go by feel. If you are fatigued from the test then just compete as long as you can sustain.</b></p> <p>See how you feel afterward, but ride the rest of the ride at an aerobic pace on the way home.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	15 MIN @ 90% THRESHOLD HEART RATE	AEROBIC RIDE - BY FEEL	SUB-FTP BIG-GEARED EFFORTS	RECOVERY - COFFEE SHOP RIDE	CLIMBING ENDURANCE - 40 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
12:00		1:00	1:00	1:00	1:00	4:00	4:00
18 DECEMBER - 24 DECEMBER	BUILD 1	SESSION DESCRIPTION					
		<p>This is a sub-FTP session to work on sustained and steady power. It is a HR based main set. This is ideally completed on a climb but can be modified to a flat road or Ergo.</p> <p>Warm up well for 10-15 min building intensity. Try to ramp HR up to your target intensity prior to commencing the main set.</p> <p><b>MAIN SET:</b> <b>2 to 3 x 15 min efforts</b></p> <p><b>Aim to build to then sustain 90% of FTP HR. 90% FTP HR should correspond with approx 85 to 88% FTP Power.</b></p> <p>Power should be smooth and steady but may have to drop as the effort progresses to keep your HR steady.</p> <p>Take 5 to 10 min recovery b/w intervals. Try to get through a minimum of 2 intervals.</p> <p>Ride the rest of the ride easy in Z2 with a few short efforts if you feel good.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts</p> <p>Flat to rolling terrain will work best for this ride.</p> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p> <p><b>EXAMPLE:</b> <b>Efforts in the gear 53/14 to11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</b></p> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 4 x 10 min 2 x 20 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min ) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p><b>MAIN SET:</b> <b>Perform repeats at:</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>



# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	15 MIN ALTERNATING AND STEADY	AEROBIC RIDE - BY FEEL	SUB-FTP BIG-GEARED EFFORTS	RECOVERY FOCUS - ALTERNATING Z2 CADENCE	CLIMBING ENDURANCE - 60 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
13:00		1:15	1:00	1:15	1:00	4:30	4:00
25 DECEMBER - 31 DECEMBER	BUILD 2	SESSION DESCRIPTION					
		<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p><b>MAIN SET 1:</b></p> <p><b>1 x approx 15 min Set.</b></p> <p><b>30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</b></p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p><b>MAIN SET 2:</b></p> <p><b>1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 15 min effort just under FTP you are doing well.</b></p> <p>The legs should be cooked now!</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Make this just an aerobic ride but include some Sub-FTP Big geared efforts</p> <p>Flat to rolling terrain will work best for this ride.</p> <p>The goal of the efforts is a controlled build in intensity in a big gear. Enough to get some longer sustained tension in the legs and forces you to recruit some upper body to 'muscle' the bike.</p> <p><b>EXAMPLE:</b></p> <p><b>Efforts in the gear 53/14 to 11 (or similar/suitable to you) at 50 to 60 rpm with a power in the range of 75 to 80% FTP. Heart rate should mostly be in Z2 but may creep into Z3 as the effort progresses.</b></p> <p>The efforts should range from 5 to 20 min each in duration. The longer the effort you can manage better so you can better fatigue the legs.</p> <p>Spread the efforts out throughout the ride and take good recovery b/w each acceleration.</p>	<p>This is a recovery session with a focus on cadence to break up the session.</p> <p>WARM UP: 10 min by feel to get the legs going then complete</p> <p><b>MAIN SET:</b></p> <p><b>Alternate 1 min at 110+ rpm in Z2 on 1 min easy Z1 spinning at a normal cadence. Aim to complete 3 to 4 x 10 min blocks of this pattern on approx 5 min recovery b/w sets.</b></p> <p>No cool down is needed for this session.</p>	<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 6 x 10 min 3 x 20 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min ) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p><b>MAIN SET:</b></p> <p><b>Perform repeats at:</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	20 MIN ALTERNATING AND STEADY	AEROBIC RIDE - BY FEEL	4 X 10 MIN TEMPO ALTERNATING	RECOVERY - COFFEE SHOP RIDE	CLIMBING ENDURANCE - 80 MIN TOTAL	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS
13:45		1:15	1:15	1:15	1:00	5:00	4:00
1 JANUARY - 7 JANUARY BUILD 3 SESSION DESCRIPTION		<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p><b>MAIN SET 1:</b> <b>1 x approx 20 min Set.</b></p> <p><b>30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</b></p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p><b>MAIN SET 2:</b> <b>1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 15 min effort just under FTP you are doing well.</b></p> <p>The legs should be cooked now!</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session focuses on longer efforts with a change in cadence and intensity to promote the ability to be able to change your pace during an event.</p> <p>Warm up for 10-20 mins self selected spinning</p> <p><b>MAIN SET:</b> <b>4 x 10 min on 3 min recovery done as:</b></p> <p><b>2 min SE Tempo Z3 (60 rpm)</b></p> <p><b>3 min Spin Aerobic Z3 (110 rpm)</b></p> <p><b>2 min SE Tempo Z3 (60 rpm)</b></p> <p><b>3 min Spin Aerobic Z3 (110 rpm)</b></p> <p>If you cant do 110 rpm just aim for cadence that is high but still allows you to remain steady on the bike.</p> <p>Focus on a smooth transition between the low and higher cadence components. The effort should always be in control and below threshold.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The goal of this session is to build muscular endurance.</p> <p>This should be performed on an extended climb of 10+ min in duration. Dependent upon the length of the climb and your ability you should perform 40+ minutes of total climbing.</p> <p>EXAMPLES: 8 x 10 min 4 x 20 min</p> <p>This may be 1 x long climb or multiple moderate (approx. 20 min ) climbs.</p> <p>Aim to hold a consistent effort each climb. Cadence is self selected but should feel efficient without an excessive 'strength' focus.</p> <p><b>MAIN SET:</b> <b>Perform repeats at:</b></p> <p><b>Target Power: High Z3 to Mid Z4 (85-100% FTP)</b></p> <p><b>Target HR: Mid Z3 to Low Z4</b></p> <p><b>RPE: Should start moderate at 6 and build to 8</b></p> <p>Being consistent within or between efforts is the main goal.</p> <p>You can alternate in and out of the saddle to break the efforts up, but keep power steady as best you can.</p> <p>After the climbs roll home at an Aerobic/Tempo pace. The legs should be somewhat fatigued.</p> <p>If you are on the trainer for these just get through the Main Set done.</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting your HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC RIDE - BY FEEL	FTP - 5 X 5 MIN INCREASING INTENSITY	DAY OFF	RECOVERY - COFFEE SHOP RIDE	CLIMBING TEMPO 4MIN SE STANDING	AEROBIC RIDE - BY FEEL - RECOVERY FOCUS
9:00		1:00	1:00		1:00	4:00	2:00
8 JANUARY - 14 JANUARY	RECOVERY 2	SESSION DESCRIPTION					
		<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p><b>MAIN SET 1:</b> 1 x approx 20 min Set.</p> <p><b>30 sec hard Z5 controlled acceleration on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</b></p> <p>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</p> <p>Take 10 min recovery b/w each set</p> <p><b>MAIN SET 2:</b> 1 x 15-20 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the full 15 min effort just under FTP you are doing well.</p> <p>The legs should be cooked now!</p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p><b>MAIN SET:</b> Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</p> <p><b>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</b></p> <p><b>Take 5 min recovery b/w efforts</b></p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	Enjoy an extra day off the bike	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Aerobic ride with a main set that focuses on out of the saddle climbing efforts.</p> <p><b>MAIN SET:</b> <b>4min Strength Effort out of the saddle on 2 min recovery. Alternate this pattern for the length of the climb.</b></p> <p><b>Aim for 75 to 85% FTP for the SE component at 65 to 70 rpm.</b></p> <p><b>Aim to complete 6 to 9 repetitions in total.</b></p> <p>Really focus on being smooth and replicating walking up a set of steep stairs.</p> <p>Ride the rest of the ride aerobic and include similar standing efforts on any hills.</p>	<p>Today is about just getting out for a ride. Give the mind and body a rest and just do what you feel like doing. If you are tired then make it shorter. If you feel good then you can do a little more.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to Z2 75% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN (5 MIN RECO)	AEROBIC RIDE - BY FEEL	5 X 10 MIN PYRAMIDS	RECOVERY - COFFEE SHOP RIDE	FTP FOCUS - 60% FINISH DURATION TARGET	AEROBIC RIDE - BY FEEL
14:00		1:00	2:00	1:00	1:00	6:30	3:00
15 JANUARY - 21 JANUARY	BUILD 4	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p><b>MAIN SET:</b> <b>5 x 5 min Intervals on 5 min reco at your best sustainable intensity.</b></p> <p><b>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</b></p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is a continuous set that cycles between Z2 and FTP. It should catch up with you as the session progresses.</p> <p><b>MAIN SET:</b> <b>5 x 10 min Pyramids</b></p> <p><b>1 min 60% FTP</b></p> <p><b>1 min 70% FTP</b></p> <p><b>1 min 80% FTP</b></p> <p><b>1 min 90% FTP</b></p> <p><b>1 min 100% FTP</b></p> <p>Then return back down and repeat for as many sets as you can. Complete a maximum of 5 Pyramids.</p> <p>Focus on letting your Heart Rate drop as best you can after the higher FTP interval and re-gain the feeling of control as the intensity of the efforts reduce.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The purpose of the long rides in this block is to set yourself a target that you feel is challenging and longer than your typical rides.</p> <p>Pick a target distance or duration that is relative to your target at Peaks Challenge. If you are hoping to complete the Peaks in 10 hours then today's ride should be 6.5 hours.</p> <p><b>MAIN SET:</b> <b>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</b></p> <p><b>Repeat 5 min Intervals at a controlled FTP intensity (Mid Z4 power). Repeat this to the top of the hill on about 5 min recovery between each hard effort. You should aim for 6 to 12 FTP efforts in total for the session. Once you can no longer sustain the required intensity stop the FTP Efforts. Build this number as the block progresses.</b></p> <p>If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up.</p> <p>The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same.</p> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p> <p>It is important to focus on reducing stopping time on these rides. A coffee stop at the end is fine but long stops during the ride defeats the purpose.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN (3 MIN RECO)	AEROBIC RIDE - BY FEEL	6 X 10 MIN PYRAMIDS	5 X 5 MIN HIGH CADENCE EFFORTS	FTP FOCUS - 65% FINISH DURATION TARGET	AEROBIC RIDE - BY FEEL
15:15		1:00	2:30	1:15	1:00	6:30	3:00
22 JANUARY - 28 JANUARY	BUILD 5	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p><b>MAIN SET:</b> <b>5 x 5 min Intervals on 3 min reco at your best sustainable intensity.</b></p> <p><b>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</b></p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is a continuous set that cycles between Z2 and FTP. It should catch up with you as the session progresses.</p> <p><b>MAIN SET:</b> <b>6 x 10 min Pyramids</b></p> <p><b>1 min 60% FTP</b></p> <p><b>1 min 70% FTP</b></p> <p><b>1 min 80% FTP</b></p> <p><b>1 min 90% FTP</b></p> <p><b>1 min 100% FTP</b></p> <p>Then return back down and repeat for as many sets as you can. Complete a maximum of 6 Pyramids.</p> <p>Focus on letting your Heart Rate drop as best you can after the higher FTP interval and re-gain the feeling of control as the intensity of the efforts reduce.</p>	<p>Perform a short warm up prior to the cadence focus man set.</p> <p>Main Set: 5 x 5 min on 5 min recovery</p> <p>Perform each at 75% FTP at a high cadence of 100 to 115 rpm.</p> <p>Cadence should be the focus. It should be high enough that you have to concentrate on being stable in saddle.</p> <p>Intensity is NOT the primary focus. It should be Z2 Aerobic.</p>	<p>The purpose of the long rides in this block is to set yourself a target that you feel is challenging and longer than your typical rides.</p> <p>Pick a target distance or duration that is relative to your target at Peaks Challenge. If you are hoping to complete the Peaks in 10 hours then today's ride should be 6.5 hours.</p> <p><b>MAIN SET:</b> <b>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</b></p> <p><b>Repeat 5 min Intervals at a controlled FTP intensity (Mid Z4 power). Repeat this to the top of the hill on about 5 min recovery between each hard effort. You should aim for 6 to 12 FTP efforts in total for the session. Once you can no longer sustain the required intensity stop the FTP Efforts. Build this number as the block progresses.</b></p> <p>If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up.</p> <p>The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same.</p> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p> <p>It is important to focus on reducing stopping time on these rides. A coffee stop at the end is fine but long stops during the ride defeats the purpose.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN (2 MIN RECO)	AEROBIC RIDE - BY FEEL	4 X 10 MIN Z3 WITH 90 SEC VO2 LIFTS	RECOVERY - COFFEE SHOP RIDE	FTP FOCUS - 70% FINISH DURATION TARGET	AEROBIC RIDE - BY FEEL
16:15		1:00	2:30	1:15	1:00	7:00	3:30
29 JANUARY - 4 FEBRUARY	BUILD 6	SESSION DESCRIPTION					
		<p>These are best done on the trainer so they are controlled. Although, you can do them outside on the flat or a hill if you can find a good uninterrupted piece of road.</p> <p><b>MAIN SET:</b> <b>5 x 5 min Intervals on 2 min reco at your best sustainable intensity.</b></p> <p><b>The goal is to aim at or above your FTP. 100 to 105% FTP is your approximate target.</b></p> <p>If doing these by Heart Rate then HR should hit FTP HR by the final minute of each effort. Each effort should be a 7 to 8 out of 10 perceived effort.</p> <p>Warm up for 10 min prior to the main set with a few short lifts to FTP to prepare the legs.</p> <p>As the weeks progress the reduced recovery should make the session harder</p> <p>Cool down well afterwards with a Z1 spin.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>This session is best performed on the ergo so you can sustain a steady controlled effort. Adapt it to the road for the flat or hill if you like.</p> <p>Warm up as needed for a minimum of 10 to 15 min.</p> <p><b>MAIN SET:</b> <b>4 x 10 min efforts at high Z3 (85% FTP). Each effort has a 90 sec lift to Z5 Intensity (110 to 120% FTP. If doing these by HR then lift should be a 9/10 effort that gets your HR to spike a bit.</b></p> <p><b>The 90 sec lift is performed sequentially later within each effort as follows: Interval 1 = 0 min (Start of effort) Interval 2 = 2 min</b></p> <p><b>Interval 3 = 4 min</b></p> <p><b>Interval 4 = 6 min</b></p> <p><b>Recover for 4 min after each interval in Z1.</b></p> <p>Gauge each Z5 lift. It should be controlled and smooth and still allow you to continue on with the Z3 Steady Effort. Reduce the intensity of the Lift if needed.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The purpose of the long rides in this block is to set yourself a target that you feel is challenging and longer than your typical rides.</p> <p>Pick a target distance or duration that is relative to your target at Peaks Challenge. If you are hoping to complete the Peaks in 10 hours then today's ride should be 7 hours.</p> <p><b>MAIN SET:</b> <b>The Main Set is ideally performed on a long climb. It is a focused FTP session to work on climbing pace.</b></p> <p><b>Repeat 5 min Intervals at a controlled FTP intensity (Mid Z4 power). Repeat this to the top of the hill on about 5 min recovery between each hard effort. You should aim for 6 to 12 FTP efforts in total for the session. Once you can no longer sustain the required intensity stop the FTP Efforts. Build this number as the block progresses.</b></p> <p>If going by HR it should rise up close to threshold by the end of each interval, however it may take a couple of intervals for it to creep up.</p> <p>The first effort should be a 7/10 and the perception should rise as you do more effort but the pace/speed should remain the same.</p> <p>Ensure you focus on nutrition and hydration. Plan your nutrition strategy and try to stick to it.</p> <p>It is important to focus on reducing stopping time on these rides. A coffee stop at the end is fine but long stops during the ride defeats the purpose.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	AEROBIC RIDE - BY FEEL	FTP - 5 X 5 MIN INCREASING INTENSITY	DAY OFF	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - Z2 FOCUS CLIMBING EFFORTS	RECOVERY - COFFEE SHOP RIDE
8:00		1:00	1:00		1:00	4:00	1:00
5 FEBRUARY - 11 FEBRUARY RECOVERY 3							
SESSION DESCRIPTION		<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p><b>MAIN SET:</b>  <b>Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</b></p> <p><b>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</b></p> <p><b>Take 5 min recovery b/w efforts</b></p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	Enjoy an extra day off the bike	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is a longer ride in the hills with a focus on keeping it in Z2 while climbing some longer duration climbs.</p> <p>While climbing focus on sustaining the highest power you can while limiting our HR to the top of Z2 +/- 5 bpm. The goal is keep it controlled and efficient.</p> <p>Cadence should be as high as you can comfortably sustain. There should be minimal tension in the legs</p> <p>Focus on seated and standing climbing. Alternate between the two and work on efficiency in both positions.</p> <p>Aim for 20-60 min efforts on the climbs and similar efforts on the flats as well.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	3 MIN BUILDS FROM FTP TO VO2 (Z4 TO Z5)	AEROBIC RIDE - BY FEEL	TEMPO WITH A FINAL 10 MIN FLAT OUT	RECOVERY - COFFEE SHOP RIDE	TEMPO FLATS AND SWEET SPOT HILLS	AEROBIC RIDE - BY FEEL
16:00		1:00	2:30	2:30	1:00	6:00	3:00
12 FEBRUARY - 18 FEBRUARY							
FOCUS 1							
SESSION DESCRIPTION		<p>The goal is some high intensity VO2 specific Builds. Build your cadence through each effort. Hurt the lungs and the legs. Focus on being efficient.</p> <p>Warm up well for 10 to 15 min. Include a lifts in intensity to prepare the legs for the main set.</p> <p><b>MAIN SET:</b>  <b>4 to 6 x 3 min building from Z4 to Z5 (100 to 125% FTP). The set ends when you can no longer sustain the required intensity</b></p> <p><b>Start at about 90 rpm and the goal is to be above 100 rpm at the end of each interval.</b></p> <p><b>Take 5 min recovery b/w each effort.</b></p> <p>Find a hill about 3 min long or even the flat will do. The Trainer is fine also.</p> <p>Concentrate on form. Smooth peddling. Good cadence. Lock in your core and stabilize your hips.</p> <p>This can be done as part of a longer ride or just complete the main set as an Ergo session. If so make it quality main set and then ride the rest Aerobic.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>The goal for this ride is to focus on a slightly higher intensity than you would normally self-select on a typical training ride. The session finishes with a solid approx 10 min effort at your best sustainable intensity.</p> <p>This should be completed on an uninterrupted route where you can sustain a good consistent pace. Undulating is fine but try to avoid stopping.</p> <p>Warm up as needed for 15-20 min or until you reach a place away from traffic congestion / interruptions.</p> <p><b>MAIN SET:</b>  <b>Perform approx 30 min to 1 hour of moderate tempo in Z3 then straight into a solid Z4 10 min effort aiming to sustain speed / power as high as possible.</b></p> <p>Always on the pedals and always pushing. A good solid tempo on the flats then lift on any hills.</p> <p>Ensure you cool down for a good 15 min prior to finishing the session.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Plan a loop / ride that will allow you to fit in a range of efforts. A group ride is fine, even a group ride with extras at the end to achieve the required total duration.</p> <p>If you are with a bunch then just do what you have to do but if possible incorporate some of the efforts below. The goal is to come home fatigued after doing a variety of challenging efforts</p> <p><b>MAIN SETS:</b>  <b>2 x 20 min Z3 Tempo Efforts on the flats at 70-80 rpm</b></p> <p><b>2 to 4 x Z3 (80 to 90% FTP) Hill Efforts (each about 10 to 30 mins in duration - do what you can)</b></p> <p><b>2 x 30 min top of Z2 efforts at 90 rpm</b></p> <p><b>1 x 10 min ALL OUT effort in the final hour of the ride when your legs are cooked.</b></p> <p>Spread these efforts out throughout the ride. The main efforts are the hill efforts and the longer tempo efforts simulate the fast riding on the flats between the climbs.</p> <p>Ride the rest just cruisy. Remember to eat lots. 60g CHO and 500mL fluid (minimum) per hour.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>



# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	3 MIN BUILDS FROM FTP TO VO2 (Z4 TO Z5)	AEROBIC RIDE - BY FEEL	15 MIN ALTERNATING + 2 X 10 MIN STEADY	RECOVERY - COFFEE SHOP RIDE	TEMPO HILLS - REPEATS TO FAILURE	AEROBIC RIDE - BY FEEL
17:00		1:00	2:30	2:00	1:00	8:00	2:30
19 FEBRUARY - 25 FEBRUARY							
FOCUS 2							
SESSION DESCRIPTION		<p>The goal is some high intensity VO2 specific Builds. Build your cadence through each effort. Hurt the lungs and the legs. Focus on being efficient.</p> <p>Warm up well for 10 to 15 min. Include a lifts in intensity to prepare the legs for the main set.</p> <p><b>MAIN SET:</b>  <b>4 to 6 x 3 min building from Z4 to Z5 (100 to 125% FTP). The set ends when you can no longer sustain the required intensity</b></p> <p><b>Start at about 90 rpm and the goal is to be above 100 rpm at the end of each interval.</b></p> <p><b>Take 5 min recovery b/w each effort.</b></p> <p>Find a hill about 3 min long or even the flat will do. The Trainer is fine also.</p> <p>Concentrate on form. Smooth peddling. Good cadence. Lock in your core and stabilize your hips.</p> <p>This can be done as part of a longer ride or just complete the main set as an Ergo session. If so make it quality main set and then ride the rest Aerobic.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Do this somewhere where you can get in some longer steady efforts. Ergo or road is fine.</p> <p><b>MAIN SET 1:</b>  <b>1 x approx 15 min Set.</b>  <b>30 sec hard but controlled Z5 Effort on 30 sec Z1. HR will be hard to gauge this effort by as they are so short. Aim for a 9 out of 10 perceived effort.</b></p> <p><b>Continue the 30 on 30 off pattern for the duration of the effort (or until you pop). This is to fatigue the legs prior to the second set.</b></p> <p><b>Take 10 min recovery b/w each set</b></p> <p><b>MAIN SET 2:</b>  <b>2 x 10 min at a steady intensity in high Z3 to low Z4. Aim for a cadence of 80-90 rpm. If you can make the 2 x 10 efforts just under FTP you are doing well.</b></p> <p><b>Take 5 min recovery b/w each effort.</b></p> <p>Ride easy Z1 for a minimum of 15 min before finishing the ride</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The goal is to complete as many repetitions of a long climb as you can until you reach a point of fatigue. Ensure to save some legs for the ride home.</p> <p><b>MAIN SET:</b>  <b>Pick a hill that is 15+ minutes long. Today is about completing as many repeats as you can manage.</b></p> <p><b>Aim for as many repetitions as you can manage. Push your limits a bit within a sensible and safe boundary</b></p> <p>Ride the first climb conservatively in Z3 (75 to 80% FTP). It should feel easy. Then aim to complete each successive climb with as close a time as you can to your first.</p> <p>Ride the rest just cruisy. Remember to eat lots. 60g CHO and 500mL fluid (minimum) per hour</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRS TOTAL	DAY OFF	VO2MAX - 1 MIN EFFORTS	AEROBIC RIDE - BY FEEL	DAY OFF	RECOVERY - COFFEE SHOP RIDE	FINAL LONG RIDE - FINAL 20 MIN TEST	AEROBIC RIDE - BY FEEL
10:45		1:15	2:30		1:00	5:00	1:00
26 FEBRUARY - 3 MARCH	FOCUS 3	SESSION DESCRIPTION					
		<p>Include this as part of a short aerobic ride. The main set is a VO2 focus session. Aim to finish as many efforts as you can complete without being unable to sustain the required Intensity/power for each interval.</p> <p><b>MAIN SET:</b>  <b>3 x 1 min at VO2max (Top of Z5 - 9/10 perceived effort. Take 30 sec recovery b/w each effort</b></p> <p><b>Try to complete 3 to 5 sets in total with 5 min b/w Sets.</b></p> <p>Control the effort and aim to keep each 1 min Av Power above VO2 (top of Z5). If you can raise the Average power as the set progress.</p>	<p>Goal for this session is a longer ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>Enjoy an extra day off the bike</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>The Main Goal for the session is to test your best 20 min power on a long climb.</p> <p>Ride out to a hill you know will take 20 mins. If it falls short then the 20 min power test wont work.</p> <p>The goal is a full 20 min effort. If know your FTP. Aim for that for the first couple of minutes and then lift the effort. This is so you don't cook yourself from the start.</p> <p>If you pace it correctly you shouldn't fade too much in the last 1/4 of the test.</p> <p><b>MAIN SET 1:</b>  <b>20 min Test - Go hard. Best power. Use the above directions as a guide.</b></p> <p>Take a good rest after the 20 min test (20 min minimum) then complete Main Set 2.</p> <p><b>MAIN SET 2</b>  <b>On the same climb compete 1 to 2 x 20 min 75% effort. Go by feel. If you are fatigued from the test then just complete as long as you can sustain.</b></p> <p>See how you feel afterward, but ride the rest of the ride at an aerobic pace on the way home.</p>	<p>Goal for this session is an Aerobic ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>

# 2024 PEAKS CHALLENGE FALLS CREEK - INTERMEDIATE VOLUME TRAINING PLAN

WEEK 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HRS TOTAL	DAY OFF	FTP - 5 X 5 MIN INCREASING INTENSITY	RECOVERY - COFFEE SHOP RIDE	TEMPO LOOP	RECOVERY - COFFEE SHOP RIDE	AEROBIC RIDE - BY FEEL	EVENT DAY!!	
17:30		1:00	1:00	3:00	1:00	1:30	10:00	
4 MARCH - 10 MARCH	EVENT TAPER	SESSION DESCRIPTION	<p>You want to be in control of the effort at all times and the let the legs determine the progression of intensity as the efforts progress.</p> <p><b>MAIN SET:</b></p> <p><b>Complete 5 x 5 min efforts aiming to build the power in each successive effort. Aim for a moderate cadence of 80-90 rpm.</b></p> <p><b>Start with a moderate intensity - High Z2 to Low Z3 HR (75 to 80% FTP) is fine. Build the intensity with each effort and come home strong. Build intensity with each successive effort so the final effort feels above FTP</b></p> <p><b>Take 5 min recovery b/w efforts</b></p> <p>Ride the rest of the ride at an aerobic pace with a few short sharp efforts if you feel good.</p> <p>The goal for this session is to hit a good 5 min power in the final effort. If you feel good then really dig deep and sustain a good average as a 5 min Test effort. Your Average power for this effort is a good indication of your power at VO2max.</p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Aim for a slightly longer ride than usual today. We need to deplete muscle glycogen a bit more than usual so you can then load back up and super-compensate.</p> <p><b>Immediately post the session consume a high Carb meal and continue this eating pattern over the next 24 hours with a focus on high Carb foods / Sports drinks (electrolytes and carbs).</b></p> <p><b>MAIN SET:</b></p> <p><b>Once warmed up ride a rolling loop with a few hills. Ride all hills at a controlled pace and don't go too hard. The intensity should be similar to that of the event.</b></p>	<p>The goal is to preserve the "feel" for the legs but go easy.</p> <p>Complete either 30 min on the trainer or up to 60 min on the road.</p> <p>Remain in an easy gear. The small chainring for the entire duration is a good way to force yourself to keep it easy.</p> <p>Ensure that you maintain power/HR in Z1 to mid Z2.</p> <p>This isn't about training, it is about recovery</p>	<p>Goal for this session is an Aerobic ride.</p> <p>Nothing hard, just enough to get in some endurance type efforts.</p> <p>Go by feel. If the legs are tired then keep it easy. If you feel OK focus on some longer efforts at a high cadence.</p> <p>Aim for 20-60min efforts close to 75-80% of FTP at 100+ rpm</p>	<p>You've done all the hard work so today all I can say is good luck and I hope you feel prepared.</p> <p>Remember the basics. Eat and drink regularly. Nutrition is the biggest part of the day besides training.</p> <p>Pace yourself within your limits. You should know your sustainable numbers, try and stay with your group to save your legs on the flats, but ride your own pace up the hills.</p> <p>Good luck! I hope to see you there!</p>



# HUMAN PERFORMANCE TECHNOLOGY

## **‘INNOVATIVE PERFORMANCE SOLUTIONS’**

Human Performance Technology (HPTek) is devoted to improving cycling performance. Our services are derived from the application of sports science; the integration of evidence-based coaching, equipment technology and performance analysis. We strive to equip athletes with the tools they need to facilitate the greatest possible improvements in performance.

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