

8 WEEKS GRAN FONDO TRAINING PLAN

Overview



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOTAL TIME |
|------------------------------------|----------|---|---|---|-----------------------------------|---|---|---------------|
| Week 1 | Rest Day | FTP Test Duration 1-1.5h 20min or Ramp Test | Fasting Ride & Single Leg Duration 1.5h 90' @ Z1-Z2 2x5' Single Leg | Flats Low/High Duration 1.5-2h 30' @Z1-Z2 2x8' @Z3 60rpm 2x8' @Z3 105rpm | Rest Day Yoga 20min | Sweet Spot Hills Duration 2.5h 120' @Z1-Z2 3x15' @Z3 Hill | Fasting+Aerobic Endurance Duration 3.5h 90' Fasting @Z1-Z2 30' Breakfast Break 120' @Z1-Z3 | 10-11h |
| Week 2 | Rest Day | Strength SFR Duration 2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat | Fasting Ride Duration 1.5h 90' @ Z1-Z2 2x5' Single Leg | Flats Low/High Duration 2h 30' @Z1-Z2 3x8' @Z3 60rpm 2x8' @Z3 105rpm | Rest Day Stretching 20' | Sweet Spot Hills 2.5-3h 120' @Z1-Z2 4x15' @Z3 2min50rpm/2min 105rpm | Endurance+20' Hill 4h 180' @Z1-Z2 1x20' @Z3 Hill | 11-12h |
| Week 3 | Rest Day | Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min | Flats Accelerations Duration 2h 40' @Z1-Z2 2x20' @Z3 4:45min, @Z5 15s | Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3 5min60rpm/5min105'RPM | Rest Day Yoga 20min | Hills Low/High Cadence Duration 3h 120' @Z1-Z2 4x12 @Z3 2min50rpm/2min105rpm | Fasting+Aerobic Endurance Duration 4h 90' Fasting @Z1-Z2 30' Breakfast Break 160' @Z1-Z3 | 13-14h |
| Week 4 <i>Adaptation</i> | Rest Day | Rest Day Yoga 20min | Rest Day/Easy Ride Duration 1h | FTP Test Duration 1-1.5h 20min or Ramp Test | Rest Day | Fasting Ride & Single Leg Duration 1.5h 90' @ Z1-Z2 2x5' Single Leg | Aerobic Endurance+Hills Duration 4h 180' @Z1-Z2 4x15' @Z3 Hill | 5-7h |
| Week 5 | Rest Day | Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min | Flats Accelerations Duration 2h 40' @Z1-Z2 2x20' @Z3 4:45min, @Z5 15s | Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3 5min60rpm/5min105'RPM | Rest Day | Hills Accelerations Duration 2.5-3h 90' @Z1-Z2 4x10' @Z3 1:45min, @Z4 15s, Rest 10-20min | Aerobic Endurance+Hills Duration 4.5-5h 240' @Z1-Z2 After 4h do 1x20' @Z3 Hill | 12-13h |
| Week 6 | Rest Day | Flats Low/High Duration 1.5-2h 30' @Z1-Z2 3x8' @Z3 60rpm 2x8' @Z3 105rpm | VO2 Max Reps 1.5-2h 60' @Z1-Z2 6x2' @Z5 Hill Reps, Rest 2min | Flexible Day Duration 1.5-2h Ride As You Feel/Bunch Ride | Rest Day Stretching 20' | Hills 3x20' Sweet Spot Duration 3h 120' @Z1-Z2 3x20' @Z3 Hill | Fasting+Aerobic Endurance Duration 5h 90' Fasting @Z1-Z2 30' Breakfast Break 4hours @Z1-Z3 | 12-14h |
| Week 7 | Rest Day | Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min | Flats Accelerations Duration 2h 40' @Z1-Z2 2x20' @Z3 4:45min, @Z5 15s | Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3, any RPM | Rest Day Stretching 20' | Fasting Ride Duration 1.5h 90' @ Z1-Z2 2x5' Single Leg | Aerobic Endurance Hills Duration 5-6h 4h @Z1-Z2 2x20' @Z3 Hill | 12-13h |
| Week 8 <i>Adaptation</i> | Rest Day | Rest Day Yoga 20min | Rest Day/Easy Ride Duration 1h | FTP Test Duration 1-1.5h 20min or Ramp Test | Rest Day | Fasting Ride Duration 1.5h 90' @ Z1-Z2 2x5' Single Leg | Aerobic Endurance Duration 3-3.5 158' @Z1-Z3 | 5-7h |