

Annual Cycling Training Plan

A Companion to the Book
"101 Cycling Workouts"



David Ertl, USA Cycling Level 1 Coach
www.CyclesportCoaching.com

Health Notice:

This training plan contains strenuous workouts and is meant to serve as a guide to developing a structured training program for a healthy individual. Please consult with your health professional before beginning this or any exercise program. Training workouts outlined herein should not be adopted without consultation with and approval from your health professional. Use of this information herein is at the sole choice and risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of the information described herein.

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How To Use This Training Plan:

Use of this training plan is intended to be accompanied by the book "101 Cycling Workouts". This book provides a variety of workouts to be used with this plan. Simply select a workout from the book chapter indicated in the Training Plan Template and determine a duration that fit your needs. Each week's plan has a space at the bottom to record your actual training. It's important and useful to record your training for future reference and comparison.

Workouts in this Training Plan Template are color coded to make it easier to recognize certain types of workouts.

Gray indicates a recovery workout or day off completely (Chapter 2)

Pink indicates an endurance workout (Chapter 3)

Green indicates a tempo workout (Chapter 4)

Yellow indicates a threshold workout (Chapter 5)

Blue indicates an anaerobic workout (Chapter 6)

Orange indicates a leg strength workout (Chapter 8)

White indicates a leg speed workout (Chapter 9)

Turquoise indicates a cross-training workout (Chapter 10)

Purple indicates a testing workout (Chapter 11)

The Training Plan was created by Coach David Ertl. For additional plans and other cycling training information by Coach Ertl, please refer to his website, www.CyclesportCoaching.com. If you decide you would like to have a personalized training plan developed for you, or you would like to take advantage of one-on-one coaching, contact Coach Ertl at Coach@CyclesportCoaching.com

101 Cycling Workouts Training Plan

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1 (First Week of January)	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
2	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
3	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
4	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
8	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
10	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
11	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
12	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
13	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
14	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
15	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
16	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
17	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
18	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
19	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
20	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
21	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
22	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
23	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
24	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
25	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
26	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
27	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
28	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
29	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
30	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
31	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
32	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
33	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
34	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
35	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
36	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
37	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
38	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Speed Workout Chapter 9	Tempo Workout Chapter 4	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
39	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Speed Workout Chapter 9	Leg Strength Workout (in gym or on bike) Chapter 8	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
40	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
41	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
42	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Leg Strength Workout (in gym or on bike) Chapter 8	Endurance Workout Chapter 3
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
43	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Tempo Workout Chapter 4	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
44	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
45	Day Off or Recovery Workout Chapter 2	Testing Workout Chapter 11	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Endurance Workout Chapter 3	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
46	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
47	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

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<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
48	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							

101 Cycling Workouts Training Plan

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
49	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

101 Cycling Workouts Training Plan

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
50	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

101 Cycling Workouts Training Plan

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
51	Day Off or Recovery Workout Chapter 2	Anaerobic Intervals Chapter 6	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Leg Strength Workout (in gym or on bike) Chapter 8
Workout Time:							
Actual Workout Log							

101 Cycling Workouts Training Plan

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
52 (Last Week of December)	Day Off or Recovery Workout Chapter 2	Threshold Workout Chapter 5	Leg Strength Workout (in gym or on bike) Chapter 8	Leg Speed Workout Chapter 9	Day Off or Recovery Workout Chapter 2	Cross Training Workout Chapter 10	Day Off or Recovery Workout Chapter 2
Workout Time:							
Actual Workout Log							