

## ADVANCED 20 Week Training Program for WAM 300 Preparation, Provided by Athletic Mentors

Block 1

Block 2

WEEK #1	MONDAY Recovery Day	TUESDAY LOW CADENCE TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY LOW CADENCE TEMPO'S	FRIDAY ONE LEG PEDALING	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 3 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 6 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 3 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 6 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	7
Time (hrs)	0	1	1	1	1.5	1.5	1.5	7
WEEK #2	MONDAY Recovery Day	TUESDAY LOW CADENCE TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY LOW CADENCE TEMPO'S	FRIDAY ONE LEG PEDALING	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 4 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 4 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	8
Time (hrs)	0	1	1.25	1	1.25	1.75	1.75	8
WEEK #3	MONDAY Recovery Day	TUESDAY LOW CADENCE TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY LOW CADENCE TEMPO'S	FRIDAY ONE LEG PEDALING	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride ZONE 2 or PE 11 for 30 minutes  INTERVALS # of Ints = 5 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 15 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride ZONE 2 or PE 11 for 30 minutes  INTERVALS # of Ints = 5 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 60-70 Target Intensity = ZONE 3 or 13-14 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	WARM UP Ride easy 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	9
Time (hrs)	0	1.5	1.25	1	1.25	2	2	9
WEEK #4	MONDAY Recovery Day	TUESDAY RECOVERY RIDE	WEDNESDAY RECOVERY RIDE	THURSDAY RECOVERY RIDE	FRIDAY RECOVERY DAY	SATURDAY RECOVERY RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	5.5
Time (hrs)	0	1	1	1	0	1	1.5	5.5
WEEK #5	MONDAY Recovery Day	TUESDAY HIGH TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY ENDURANCE RIDE	FRIDAY HIGH TEMPO'S	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 30 minutes  INTERVALS # of Ints = 3 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	WARM UP Ride easy for 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 30 minutes  INTERVALS # of Ints = 3 Interval Time = 4 min Rest Between Ints = 4 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	8.5
Time (hrs)	0	1	1	1.5	1	2	2	8.5
WEEK #6	MONDAY Recovery Day	TUESDAY HIGH TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY ENDURANCE RIDE	FRIDAY HIGH TEMPO'S	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
Description	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 25 minutes  INTERVALS # of Ints = 3 Interval Time = 5 min Rest Between Ints = 5 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	WARM UP Ride easy for 10-20 minutes  INTERVALS # of Ints = 7 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 25 minutes  INTERVALS # of Ints = 5 Interval Time = 3 min Rest Between Ints = 3 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	9.5
Time (hrs)	0	1	1	1.5	1	2.5	2.5	9.5
WEEK #7	MONDAY Recovery Day	TUESDAY HIGH TEMPO'S	WEDNESDAY ONE LEG PEDALING	THURSDAY ENDURANCE RIDE	FRIDAY ENDURANCE RIDE	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME

Block 1

Block 2

Block 3	<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 6 min Rest Between Ints = 6 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	WARM UP Ride easy for 10-20 minutes  INTERVALS # of Ints = 8 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale  COOL DOWN Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	11.5
	<b>Time (hrs)</b>	0	1	1.5	2	2	3	2	
	<b>WEEK #8</b>	MONDAY Recovery Day	TUESDAY RECOVERY RIDE	WEDNESDAY RECOVERY RIDE	THURSDAY RECOVERY RIDE	FRIDAY Recovery Day	SATURDAY RECOVERY RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
	<b>Description</b>	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	
	<b>Time (hrs)</b>	0	1	1	1	0	1	1.5	5.5
	<b>WEEK #9</b>	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY ENDURANCE RIDE	THURSDAY ENDURANCE RIDE	FRIDAY Recovery Day	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
	<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	11
	<b>Time (hrs)</b>	0	1.5	2	2	0	3	2.5	
	<b>WEEK #10</b>	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY HIGH TEMPO'S	THURSDAY ENDURANCE RIDE	FRIDAY ENDURANCE RIDE	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME
	<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 6 min Rest Between Ints = 6 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12
<b>Time (hrs)</b>	0	1.5	1	1.5	2	3.5	2.5		
<b>WEEK #11</b>	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY HIGH TEMPO'S	THURSDAY ENDURANCE RIDE	FRIDAY ENDURANCE RIDE	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 6 min Rest Between Ints = 6 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	13	
<b>Time (hrs)</b>	0	1.5	1	1.5	2	3.5	3.5		
<b>WEEK #12</b>	MONDAY Recovery Day	TUESDAY RECOVERY RIDE	WEDNESDAY RECOVERY RIDE	THURSDAY RECOVERY RIDE	FRIDAY Recovery Day	SATURDAY RECOVERY RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
<b>Description</b>	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
<b>Time (hrs)</b>	0	1	1	1	0	1	1.5	5.5	
<b>WEEK #13</b>	MONDAY Recovery Day	TUESDAY SURGE INTERVALS	WEDNESDAY ENDURANCE RIDE	THURSDAY HIGH TEMPO'S	FRIDAY ENDURANCE RIDE	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 6 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+ Target Intensity = MAX EFFORT  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 7 min Rest Between Ints = 7 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12	
<b>Time (hrs)</b>	0	1	1.5	1	2.5	4	2		
<b>WEEK #14</b>	MONDAY Recovery Day	TUESDAY SURGE INTERVALS	WEDNESDAY ENDURANCE RIDE	THURSDAY HIGH TEMPO'S	FRIDAY Recovery Day	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY RECOVERY RIDE	WEEKLY TIME	
<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 7 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+ Target Intensity = MAX EFFORT  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 6 min Rest Between Ints = 6 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	CENTURY RIDE!!!! DO 100 miles today. With a group is possible. Make sure to start out easy, eat and drink a lot during ride.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	12	
<b>Time (hrs)</b>	0	1	2	1	0	7	1		
<b>WEEK #15</b>	MONDAY Recovery Day	TUESDAY SURGE INTERVALS	WEDNESDAY ENDURANCE RIDE	THURSDAY HIGH TEMPO'S	FRIDAY Recovery Day	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
<b>Description</b>	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 8 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+ Target Intensity = MAX EFFORT  COOL DOWN Ride easy 10 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 20 minutes  INTERVALS # of Ints = 3 Interval Time = 5 min Rest Between Ints = 5 min Cadence = 80+ Target Intensity = TOP 3 BEATS OF ZONE 3 or 14-15 on Perceived Exertion Scale  COOL DOWN Ride easy 10 minutes	Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12	
<b>Time (hrs)</b>	0	1	2	1	0	4	4		
<b>WEEK #16</b>	MONDAY Recovery Day	TUESDAY RECOVERY RIDE	WEDNESDAY RECOVERY RIDE	THURSDAY RECOVERY RIDE	FRIDAY Recovery Day	SATURDAY RECOVERY RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
<b>Description</b>	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
<b>Time (hrs)</b>	0	1	2	1	0	4	4		

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Time (hrs)	0	1	1	1	0	1	1.5	5.5
<b>WEEK #17</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>WEEKLY TIME</b>
<b>Description</b>	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 8 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	<b>ENDURANCE RIDE</b> Ride ZONE 2 or PE 10-13 for whole ride.	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 8 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	
Time (hrs)	0	1	1	1	0	3	3	10
<b>WEEK #18</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>WEEKLY TIME</b>
<b>Description</b>	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 10 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	<b>ENDURANCE RIDE</b> Ride ZONE 2 or PE 10-13 for whole ride.	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 10 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	
Time (hrs)	0	1	2	1	0	3	3	10
<b>WEEK #19</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>WEEKLY TIME</b>
<b>Description</b>	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 6 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	<b>ENDURANCE RIDE</b> Ride ZONE 2 or PE 10-13 for whole ride.	<b>SURGE INTERVALS</b> WARM UP Ride easy 20 minutes <b>INTERVALS</b> # of Ints = 6 Interval Time = 1 min Rest Between Ints = 3 min Cadence = 80+++ Target Intensity = MAX EFFORT <b>COOL DOWN</b> Ride easy 10 minutes	Recovery Day Either take a total rest day OR you can ride no more than 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	<b>GROUP RIDE or ENDURANCE RIDE</b> Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	
Time (hrs)	0	1	1.5	1	0	3	3	9.5
<b>WEEK #20</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>WEEKLY TIME</b>
<b>WAM 300</b>	TOTAL REST DAY!	<b>RECOVERY RIDE</b> Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	<b>RECOVERY RIDE</b> Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	<b>WAM 300</b> RIDE SMART! HAVE FUN! EAT AND DRINK THE WHOLE RIDE!	<b>WAM 300</b> RIDE SMART! HAVE FUN! EAT AND DRINK THE WHOLE RIDE!	<b>WAM 300</b> RIDE SMART! HAVE FUN! EAT AND DRINK THE WHOLE RIDE!	
Time (hrs)	0	1	1	0	6	6	6	20

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For additional training opportunities visit [AthleticMentors.com](http://AthleticMentors.com) Ph:269-664-6912