

# The London-Paris & Alpine Challenge Training Plan

weeks 7-12



Endorsed by:





## Week 7 - 12/02/2012

| Session | Outdoor   | Wattbike   |
|---------|---|--|
| 1       | 2:30 include some hills - Zone 2 - Zone 6   | 90' Zone 2 - Zone 3  |
| 2       | 60' Recovery - Zone 2   | 30' Zone 1   |
| 3       | 1:30 Zone 1 - Zone 5 include some Strength session with 3 x 3 min efforts at 35', 43', 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not to pull on the bars too much | 60' Zone 2 Strength session with 3 efforts at 15', 30' and 45'                                   |
| 4       | 2:00 flat terrain - Zone 1 - Zone 4   | 60' Zone 2 - Zone 3  |
| 5       | 60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints)  | 30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear) |
| Total   | 4:15 - 8:00   |  |

## Week 8 - 19/02/2012

(Some L2P riders may be on the Stephen Roche Training Camp Mallorca 18-25/02/2012)

| Session | Outdoor   | Wattbike   |
|---------|---|--|
| 1       | 2:45 include some hills - Zone 2 - Zone 6   | 90' Zone 2 - Zone 3  |
| 2       | 60' flat terrain - Zone 2 - Zone 6  | 30' Zone 2   |
| 3       | 1:30 Zone 1 - Zone 5 include some Strength session with 3 x 3 min efforts at 35', 43', 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not to pull on the bars too much | 60' Zone 2 Strength session with 3 efforts at 15', 30' and 45'                                   |
| 4       | 2:00 flat terrain - Zone 1 - Zone 4   | 60' Zone 2 - Zone 3  |
| 5       | 60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints)  | 30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear) |
| Total   | 4:00 - 8:15   |  |



## Week 9 - 26/02/2012

If doing the Training Ride make this week a little easier and do recovery rides

| Session | Outdoor   | Wattbike   |
|---------|---|--|
| 1       | L2P Training Ride # 2 OR 3:00 include some hills - Zone 2 - Zone 6  | 90' Zone 2 - Zone 3  |
| 2       | 60' Recovery - Zone 2   | 30' Recovery - Zone 2  |
| 3       | 1:30 Zone 1 - Zone 5 include some Strength session with 3 x 3 min efforts at 35', 43', 51' - strength effort, stay in the saddle, ride 2-3 sprockets higher than normal, try not to pull on the bars too much | 60' Zone 2 Strength session with 3 efforts at 15', 30' and 45'                                   |
| 4       | 2:00 flat terrain - Zone 1 - Zone 4   | 60' Zone 2 - Zone 3  |
| 5       | 60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints)  | 30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear) |
| Total   | 4:15 - 8:30   |  |

## Week 10 - 04/03/2012

Carry out a re-test and review your heart rate and power training zones towards the end of this week

| Session | Outdoor                           | Wattbike/Turbo |
|---------|-----------------------------------|----------------|
| 1       | 2:00 flat terrain Zone 1 - Zone 4 | 60' Zone 2     |
| 2       | Recovery ride 60' Recovery Zone 1 | 30' Zone 1     |
| 3       | 2:00 flat terrain Zone 1 - Zone 4 | 60' Zone 2     |
| 4       | Recovery ride 60' Zone 1          | 30' Zone 1     |
| Total   | 3:00 - 6:00                       |                |

## Week 11 - 11/03/2012

| Session | Outdoor  | Wattbike   |
|---------|--|--|
| 1       | 3:30 flat terrain Zone 1 - Zone 4  | 90' Zone 2 - Zone 3  |
| 2       | 1:00 Zone 3  | 60' Zone 3 - Zone 4  |
| 3       | 60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints) | 30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear) |
| 4       | 3:00 varied terrain - Zone 1 - Zone 5  | 90' Zone 2 - Zone 3  |
| 5       | 2:00 flat terrain Zone 1 - Zone 4  | 60' Zone 3   |
| Total   | 5:30 - 10:30   |  |



## Week 12 - 18/03/2012

| Session | Outdoor  | Wattbike   |
|---------|--|--|
| 1       | 3:00 varied terrain Zone 1 - Zone 5  | 90' Zone 2 - Zone 3  |
| 2       | 60' Cadence session Zone 1 - Zone 4 include 4 'rev outs' downhill (downhill sprints) | 30' Cadence session Zone 1 - Zone 2 include 4 'rev outs' on lowest resistance setting (low gear) |
| 3       | 1:30 Zone 3  | 60' Zone 3 - Zone 4  |
| 4       | 4:00 varied terrain - Zone 1 - Zone 5  | 90' Zone 2 - Zone 3  |
| 5       | 2:00 flat terrain Zone 1 - Zone 4  | 60' Zone 3   |
| Total   | 5:30 - 11:30   |  |



## Contact details

**Wattbike Ltd**

Vermont House

Nottingham South and Wilford Industrial Estate

Ruddington Lane

Nottingham

NG11 7HQ

Tel: 0115 945 5454

[info@wattbike.com](mailto:info@wattbike.com)

[wattbike.com](http://wattbike.com)

twitter [@wattbike](https://twitter.com/wattbike)

facebook.com/wattbike

flickr.com/wattbike

youtube.com/wattbike