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2012 RACE SEASON TRAINING PLAN — INTENSITY PHASE

Intensity 1 = 19 hrs								
Week	M	T	W	Th	F	Sat	Sun	Total
1/2	1.25 CI	0.75 SS	OFF	1.5 SLT/ SI:L	1.0 AR	1.5 PI	OFF	6.0
1/9	2.5 HC	1.0 AR	OFF	1.5 TT	1.0 AR	1.5 SLT/ SI:L	OFF	7.5
1/16	TT Test 1.5	2.0 Tempo	OFF	1.0 AR	OFF	1.0 AR	OFF	5.5
Intensity 2 = 19.5 hrs								
1/23	2.5 Tempo	1.0 AR	OFF	1.5 TT	1.0 AR	OFF	RAT TT 20K	7.5
1/30	1.0 AR	2.5 HC	OFF	1.5 SLT/ SI:S	1.0 AR	OFF	FF TT 20K	7.5
2/6	TT Test 1.5	OFF	1.0 AR	OFF	0.5 WU	VOS TT 14.2 M	OFF	4.5
Intensity 3 = 20 hrs								
2/13	2.5 Tempo	1.0 AR	OFF	1.75 HI	0.75 AR	1.5 PI:CC/SI:S	OFF	7.5
2/20	2.5 HC	1.0 AR	OFF	1.75 TT	0.75 AR	1.5 PI:CC/SI:S	OFF	7.5
2/27	TT Test 1.5	1.0 AR	OFF	0.5 AR	0.5 WU	ASO TT 5K & 10K	OFF	5.0



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Intensity 4 = 20 hours								
3/5	1.75 HI	1.25 HCR	OFF	1.5 SS	0.75 AR	SM HC 10K HC	OFF	7.0
3/12	2.75 HC	1.0 AR	OFF	1.5 PI:CC/SI:S	0.75 AR	MM TT 17M TT	OFF	7.5
3/19	TT Test 1.5	1.0 AR	OFF	1.0 AR	OFF	0.5 WU AR	ACCC 40K TT	5.5
Intensity 5 = 21 hours								
3/26	1.0 AR	2.5 SS	OFF	1.75 HI	0.75 AR	1.5 VO2/SI:S	OFF	7.5
4/2	2.75 HC	1.0 AR	OFF	1.75 TT	1.0 AR	1.5 VO2/SI:S	OFF	8.0
4/9	TT Test 1.5	2.0 Tempo	OFF	1.0 AR	OFF	1.0 AR	OFF	5.5

Workout Key

- ▶ Tempo = Tempo Ride
- ▶ AR = Active Recovery
- ▶ SS = Steady Spinning
- ▶ TT = Time Trial Intervals
- ▶ HC = Hill Climb
- ▶ HCR = High Cadence Recovery
- ▶ HI = Hill Intervals
- ▶ PI = Pyramid Intervals
- ▶ PI:CC = PI: Constant Cadence
- ▶ SI:L = Sprint Intervals: Long
- ▶ SI:S = Sprint Intervals: Short
- ▶ SLT = Single Leg Training
- ▶ VO2 = VO₂ max Intervals
- ▶ TT Test = 30 minute Field Test
- ▶ WU = Warm-up
- ▶ Red = High Intensity Workout
- ▶ Blue = Race
- ▶ Shade = Recovery Period