

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9x3 minutes VO2: 115%FTP, user selected cadence, 3 minutes rest btw	2x20 min Sweetspot. 80-90 RPM, 91% FTP, 10 min rest btw intervals. In and out of saddle every 2 minute (2 minute in, 2 out, repeat)	2 sets of: 15x Zone 5 repeats: 1 minute @ 100%FTP, spin cadence up to 30 seconds @ 120%ftp, repeat. No rest btw intervals. 10 min rest between sets	Rest	4x6 minutes VO2: 110%FTP, user selected cadence, 4 minutes rest btw	2x20 min Sweetspot. 80-90 RPM, 91% FTP, 10 min rest btw intervals. Do 2 minutes in the drops, 2 minutes on the hoods, repeat throughout.	2 sets of: 15x Zone 5 repeats: 1 minute @ 100%FTP, shift to harder gear for 30 seconds @ 120%ftp, repeat. No rest btw intervals. 10 min rest between sets
5x Race winners: Sprint for 10 seconds, 20 seconds at 150% FTP, 3 minutes @100%FTP, sprint last 10 seconds max effort. 5 minute rest	7x30 second spinups: start 70 RPM, increase cadence to max over 30 second timeframe. Moderate gear. 1 minute rest	2 sets of: "5 minutes of pain" : 10 seconds max effort/50 seconds rest. 20 seconds max/40s rest, 30s max/30s rest, 40s max, 20s rest, 50s max/10s rest. 5 minute rest between sets		3 sets of: 5 minutes of 30/30s. 30s on max effort/30s off easy spin. No rest btw., 5 min rest between sets	7x Gear pyramids: Start in easiest gear combination: Start at 70 RPM, spin up over 2 minutes to max cadence. 1 minute rest. Shift to next cog and repeat number of times specified.	2 sets of: 5 track sprints. First set, shift to 53/16(ish) gear, coast to almost stop (2-3 mph) then stand, hands in drops, wind up gear to maximum speed/cadence/power (about 10-15 seconds.) Focus on turning over the legs quickly and smoothly, good upper body form. For the second set, shift to your hardest gear, focus on power.
	5x1 min Single Leg Drill (SLD): 45 seconds/side single leg pedaling. No rest btw, alternate legs for rest. Easy gear, 80-90 RPM					