ABOUT THIS PLAN
This 8-week plan is built around the video workouts but also includes a couple of additional rides each week intended to complement the fitness and skills developed through the workouts. Use it to prepare for a specific event or mix and match with some of our other video workouts for a complete fitness overhaul.

Philosophy
There are two key elements to a successful training program: consistency and structure. Consistency means establishing a regular routine and sticking to it. The more repeatable your training is, the stronger the foundation you will develop. Too many missed days erode that foundation and each workout becomes an individual focus rather than part of a bigger whole.

Quality vs Quantity
In this plan, we focus more on the quality of your training than on the quantity. Adding intervals will certainly increase the duration of certain workouts, but apart from the weekly submax rides, we want you to focus first on warming up effectively, completing quality intervals, recovering as needed between, and cooling down adequately. In general, the weekday workouts will require 45-90 minutes during the progression, and the weekend long ride will require 2-3 hours.

Progression
Even when workouts are structured and varied appropriately, the body still requires consistent overload to see regular gains. If you were a weight lifter wanting to get stronger, you wouldn’t expect to go to the gym every day and lift the same weights. In the same way, you have to work harder on your cycling workouts over time to provide a stimulus for continued growth. The plan is designed around two 4-week cycles. Your training will progress up for three weeks, and then you will have a lighter recovery week where you can consolidate your fitness gains and regroup for the next round of training. The second time through, you’ll reassess your fitness at the end of the recovery week, providing a new training reference point for future workouts.

Time and Intensity
Progression takes place through an increase in both time and intensity. Every few weeks, the video workouts add in an extra interval or set of intervals. The duration of the weekly long ride also increases as the plan goes on. These increases are moderate so that the body should be able to absorb them in stride, but if you feel you’re not quite ready to progress, it’s OK to continue training at your current level and allow the body a little extra time to catch up.

The Importance of Recovery
Training is the stimulus for growth, but growth takes place during rest, which means that rest is a critical part of the training regimen. A little light work can aid your recovery, but be sure you aren’t adding any new stress to your body on rest days.

After the Plan
If you’re training for a specific event and want coaching tailored to your individual goals, contact Vision Quest Coaching to explore customized services to help you be the best athlete you can. Call, email or visit them on the web at:

Phone 877-851-VQVQ (8787)
info@visionquestcoaching.com
www.visionquestcoaching.com
TERMINOLOGY

These are some of the terms you may encounter in the training plan or hear refer to in the videos. Familiarize yourself with them so they become part of your cycling and training vocabulary as well.

**Power** is an absolute measure of workload on the bike measured either at the crank/pedal, or the rear wheel. It’s the gold-standard for measuring cycling intensity because it’s objective and quantifiable. As power improves over time, you can be certain your fitness is improving as well.

**Heart Rate** is a measure of the body’s response to exercise. It’s useful for targeting specific training zones, but unlike power, it is not an absolute value. Heart rate is subject to change under different environmental conditions, as well as your state of hydration, your current state of health, and level of fatigue. Because of this, it’s a less accurate way to quantify improvement over time.

**Rate of Perceived Exertion (RPE)** is a 1-10 scale of subjective exercise intensity; how hard you feel something is. Perceived exertion is best when correlated with a more objective measurement such as power or heart rate.

**Aerobic** is low intensity exercise where energy is supplied primarily by breaking down fat, typical of long, slow, endurance rides. **Submax** is low intensity endurance riding in the aerobic zone. Submax most often applies to longer rides of 3+ hours, but may also be used for shorter rides at this intensity. Typically 60-70% of threshold power, or RPE 3-4.

**Threshold Power** is the maximum effort that can be sustained for 40-60 minutes. Threshold intervals are normally 10-30 minutes in duration. Threshold power is used as a reference point for training targets both above and below threshold power. (Threshold Power is sometimes referred to as FTP or Functional Threshold Power). Improving threshold is strongly correlated with improving overall fitness and racing performance. The Threshold RPE range is 7-8.

**VO2 Power** is the maximum effort that can be sustained for 4-6 minutes. VO2 intervals are normally 1-4 minutes in duration. The intensity is very high (RPE 9-10) and recovery time is relatively long compared to the interval duration.

**Explosive Power** is when sprints are very short, maximal efforts. They are different from VO2 intervals in that the effort is much higher and duration is much shorter (10-15 seconds). Sprints do not rely on carbs or fats for energy, instead they use ATP and Creatine Phosphate stored in the muscles. This fuel takes longer to be restored, so recovery periods between sprints are much longer than for other types of intervals. **Strength Endurance (SE)** intervals are low-cadence, high-tension pedaling to develop cycling-specific strength. These can be short duration SE Pops at high intensity to develop maximal strength, or longer efforts at lower intensity to develop muscular endurance. SE cadence is normally 50-60 rpm.

**High-Cadence Intervals** are high-RPM pedaling to help develop neuromuscular efficiency and a smooth pedal stroke. While they’re more comfortable in an easy gear, cyclists should train to produce power at high cadences. High-cadence ranges from 100-140 rpm (some riders may need to build up to these ranges).

**Single-leg Pedaling** is used to develop a balanced and complete pedal stroke by equalizing differences between legs. It improves muscle activation in the dead spots at the rear and top portions of the pedal stroke. Completing these drills involves performing a rep with only one leg while the other is hanging to the side of the bike, or anchored over the trainer frame.
**Power**

Power is the most effective way to measure and quantify your training load. Bike-mounted power devices allow you to measure power both indoors and out, but even assessing your workload on an electronic trainer with power measurement capacity is a good-start. Power is measured in watts, and you can think of these watts like weight. If you start with a 200 lbs bench press and after training you can lift 250 lbs, you know exactly how much you’ve improved. In the same way, if you increase your threshold power from 200 watts to 250 watts, you are measuring your improvement on the bike.

**Heart Rate**

Heart rate is a useful tool for determining training intensity, but is subject to a number of other variables so that an increase in heart rate doesn’t necessarily reflect an increase in work output.

**Rate of Perceived Exertion**

RPE is a 1-10 scale of subjective exercise intensity; how hard you feel something is. It’s inexact but useful for describing how strenuous a particular effort feels to an individual. RPE is best when correlated with a more objective measurement like power or heart rate.

**REFERENCE POINTS**

Establishing training reference points is an important part of applying proper training load and measuring progress over time. Normally a consistent metric in most other endurance sports, in cycling speed is influenced by outdoor variables like wind, hills, and other riders. That means we have to reply on other methods.

**Benchmarking**

This training begins with a Benchmark Warmup Test to determine your threshold power. Just like knowing your single rep max in weightlifting helps you to determine the appropriate starting weight for sets with more reps, your threshold power is a useful starting point for both longer and shorter intervals. Over time, you will refine these reference points as you retest and even as you complete your intervals, seeing what you can sustain for 1, 2, 5, 10, 20 and 60 minutes or longer.

**The Dashboard**

Below you can see how the different zones compare using three different methods for establishing intensity. For each video, your primary source of information will be the dashboard.

<table>
<thead>
<tr>
<th>Zone</th>
<th>Zone Name</th>
<th>Power</th>
<th>Heart Rate</th>
<th>RPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Recovery</td>
<td>&lt;55% of FTP*</td>
<td>&lt;68% of LT HR**</td>
<td>1-2</td>
</tr>
<tr>
<td>2</td>
<td>Submax</td>
<td>55-75% of FTP</td>
<td>68-83% of LT HR</td>
<td>3-4</td>
</tr>
<tr>
<td>3</td>
<td>Tempo</td>
<td>75-90% of FTP</td>
<td>83-94% of LT HR</td>
<td>5-6</td>
</tr>
<tr>
<td>4</td>
<td>Lactate Threshold</td>
<td>90-105% of FTP</td>
<td>94-102% of LT HR</td>
<td>7-8</td>
</tr>
<tr>
<td>5</td>
<td>VO2</td>
<td>105-120% of FTP</td>
<td>105%+ of LT HR</td>
<td>8-9</td>
</tr>
<tr>
<td>6</td>
<td>Anaerobic Capacity</td>
<td>120%+ of FTP</td>
<td>All out</td>
<td>10</td>
</tr>
</tbody>
</table>

* FTP = Functional Threshold Power  
**LT HR = Lactate Threshold Heart Rate

It displays all the key ride stats that guide you through the workouts, including Power, Cadence, Heart Rate, and RPE (Rate of Perceived Exertion). Keep in mind, your power and heart rate likely won’t be the same as Robbie’s, but relatively speaking, your RPE will be. Use the Benchmark Warmup Test results and RPE scale as your reference points and, with time and effort, you’ll get the most out of this program and see real gains in your cycling performance.
<table>
<thead>
<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>One</td>
<td>REST DAY</td>
<td>VO2 INTERVALS</td>
<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>Benchmark Test</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 45 mins.</td>
<td>Duration: 10-15 mins.</td>
<td>Duration: 1 hr.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2 hrs.</td>
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<td></td>
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<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
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<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 45 mins.</td>
<td>Duration: 10-15 mins.</td>
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<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2.25 hrs.</td>
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<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
<td>Three</td>
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<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 10-15 mins.</td>
<td>Duration: 1 hr.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2.5 hrs.</td>
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<td>Intensity: HIGH</td>
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<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
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<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 10-15 mins.</td>
<td>Duration: 1 hr.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2 hrs.</td>
</tr>
<tr>
<td></td>
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<td>Intensity: HIGH</td>
<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
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<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
<td>Five</td>
<td>REST DAY</td>
<td>VO2 INTERVALS</td>
<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 1.25 hrs.</td>
<td>Duration: 20-30 mins.</td>
<td>Duration: 1 hr.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2.5 hrs.</td>
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<tr>
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<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
<td>Six</td>
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<td>VO2 INTV. &amp; RACE SIM</td>
<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Duration: 1.25 hrs.</td>
<td>Duration: 20-30 mins.</td>
<td>Duration: 1 hr.</td>
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<td>Duration: 1 hr.</td>
<td>Duration: 2.75 hrs.</td>
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<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
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<td>REST DAY</td>
<td>VO2 INTV. &amp; RACE SIM</td>
<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intensity: HIGH</td>
<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
<td>Eight</td>
<td>REST DAY</td>
<td>VO2 INTERVALS</td>
<td>Functional Strength</td>
<td>Sprints &amp; Drills</td>
<td>REST DAY</td>
<td>Benchmark Test</td>
<td>Endurance Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intensity: MED-HIGH</td>
<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
</tbody>
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Total: 45.5 hrs.
## Workouts

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Details</strong></td>
<td><strong>REST DAY</strong></td>
<td><strong>VO2 INTERVALS</strong></td>
<td><strong>FUNCTIONAL STRENGTH</strong></td>
<td><strong>SPRINTS &amp; DRILLS</strong></td>
<td><strong>REST DAY</strong></td>
<td><strong>BENCHMARK TEST</strong></td>
<td><strong>ENDURANCE RIDE</strong></td>
</tr>
<tr>
<td><strong>Workouts</strong></td>
<td></td>
<td>Duration: 45 mins.</td>
<td>Duration: 10-15 mins.</td>
<td>Duration: 1 hr.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 2 hrs.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intensity: HIGH</td>
<td>Intensity: LOW</td>
<td>Intensity: HIGH</td>
<td></td>
<td>Intensity: VERY HIGH</td>
<td>Intensity: LOW-MED</td>
</tr>
<tr>
<td><strong>Notes</strong></td>
<td>You will rest twice a week during this plan, on Mondays and Fridays. A little bit of light work such as an easy walk or some light stretching or yoga can be an excellent addition to your recovery, but be sure you aren't adding any new stress to your body on these days.</td>
<td>Warm-up&lt;br&gt;Begin with the Benchmark Warmup.</td>
<td>Workout&lt;br&gt;After the warmup, complete the following workout segments from the video: +Track Intervals</td>
<td>Warm-up&lt;br&gt;Begin with the Benchmark Warmup.</td>
<td>Workout&lt;br&gt;After the warmup, complete the following workout segments from the video: +Pedaling Drills +Ramp-ups +Explosive Sprints 1 +The Race</td>
<td>Warm-up with one or both of the warmup options. If you're short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.</td>
<td>Long-Steady Ride&lt;br&gt;2 hour steady submax ride. Intensity should be about 60-70% of your threshold power, 75-80% of your threshold heart rate, or RPE of 3-4.</td>
</tr>
<tr>
<td><strong>Video</strong></td>
<td></td>
<td>Power</td>
<td>Speed</td>
<td>Race Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Notes</strong></td>
<td>Rest is an important part of the training routine. Training is the stimulus for growth, but growth takes place during rest.</td>
<td>In week 1, the Benchmark Warmup will be used to help you establish your training reference points that you will use over the next 8 weeks.</td>
<td>A strong foundation of functional fitness is beneficial for all athletes to help provide a base for strong and efficient pedal stroke. For the first few weeks, include one set of each of these exercises.</td>
<td>The references you establish with Tuesday's POWER workout can also be applied to this workout, with modifications for the different interval durations.</td>
<td>Record your benchmark test results here. Compare them to the last week of this plan.</td>
<td>Submax rides are your weekly long, steady distance ride. This ride should be a low intensity ride aimed at maximizing endurance and aerobic efficiency. Duration will increase slightly each week.</td>
<td></td>
</tr>
<tr>
<td><strong>Intensity</strong></td>
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### Workouts

**WEEK 1**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST DAY</td>
<td>VO2 INTERVALS&lt;br&gt;Duration: 45 mins.&lt;br&gt;Intensity: HIGH</td>
<td>FUNCTIONAL STRENGTH&lt;br&gt;Duration: 10-15 mins.&lt;br&gt;Intensity: LOW</td>
<td>SPRINTS &amp; DRILLS&lt;br&gt;Duration: 1 hr.&lt;br&gt;Intensity: HIGH</td>
<td>REST DAY</td>
<td>RACE SIMULATION&lt;br&gt;Duration: 1 hr.&lt;br&gt;Intensity: VERY HIGH</td>
<td>ENDURANCE RIDE&lt;br&gt;Duration: 2.25 hrs.&lt;br&gt;Intensity: LOW-MED</td>
</tr>
</tbody>
</table>

### Details

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Track Intervals

**Cool down**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Strength & Stability Circuit**
- Core Exercises
  - 60 sec. stomach plank
  - 30 sec. plank on each side
  - 10 glute bridges (5 sec hold)
  - 50 lateral band shuffles each direction (tiny steps)
  - 15 back extensions or cobras

**Strength Exercises**
- 10 single-leg squats (each leg)
- 10 single-leg hamstring curls on ball (each leg)
- 20 steps walking lunges
- 20 pushups
- 10 pullups

**Cool down**
- Stretching and foam roller

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Pedaling Drills
  - +Ramp-ups
  - +Explosive Sprints 1
  - +The Race

**Cool down**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up with one or both of the warmup options. If you're short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.**

**Jump into the race and go as hard as you can! The efforts come thick and fast. In these first few weeks, feel free to sit out a few efforts when you need extra recovery and build toward more consistent intensity.**

**Be sure to cool down well after a massive effort.**

### Notes

**Function of Functional Strength**
- Intensity: LOW-MED
- Duration: 2 hrs.

**Endurance Ride**
- Intensity: LOW-MED
- Duration: 2.75 hrs.

**Race Simulation**
- Intensity: VERY HIGH
- Duration: 1 hr.

**Long-Steady Ride**
- 2:15 hour steady submax ride. Intensity should be about 60-70% of your threshold heart rate, or RPE of 3-4.
## VO2MAX PACK

### 8 WEEK TRAINING PLAN

**POWERED BY**

<table>
<thead>
<tr>
<th>REQUIRED VIDEOS:</th>
<th>POWER</th>
<th>SPEED</th>
<th>RACE DAY</th>
</tr>
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<tr>
<td>Workouts</td>
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<td>SCHEDULE</td>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
</tr>
<tr>
<td>Workouts</td>
<td>REST DAY</td>
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<td>FUNCTIONAL STRENGTH</td>
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<tr>
<td>Warm-up</td>
<td>Begin with the Benchmark Warmup.</td>
<td>After the warmup, complete the following workout segments from the video:</td>
<td>Warm-up</td>
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<tr>
<td>Workout</td>
<td>After the warmup, complete the following workout segments from the video:</td>
<td>+ Track Intervals + Road Echelon</td>
<td>Workout</td>
</tr>
<tr>
<td>Cooldown</td>
<td>Easy intensity for at least 3-5 minutes following the last intervals.</td>
<td>Strength &amp; Stability Circuit + Track Intervals + Road Echelon</td>
<td>Cooldown</td>
</tr>
<tr>
<td>Speed</td>
<td>Duration: 1 hr.</td>
<td>Intensity: HIGH</td>
<td>Duration: 1 hr.</td>
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<tr>
<td>Race Day</td>
<td>Duration: 1 hr.</td>
<td>Intensity: VERY HIGH</td>
<td>Duration: 1 hr.</td>
</tr>
</tbody>
</table>

### Notes

**Notes**

- Rest days don't have to be wasted days. Take the time you would normally spend training to prepare some quick and healthy meal options, clean or maintain your bike, or plan out your upcoming race schedule.

---

**Video**

- realrides.tv

---

**Power**

- Power

---

**Speed**

- Speed

---

**Race Day**

- Race Day

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### VO2MAX PACK

#### WEEK 4

**SCHEDULE**

<table>
<thead>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Workouts</strong></td>
<td><strong>REST DAY</strong></td>
<td><strong>VO2 INTERVALS</strong></td>
<td><strong>FUNCTIONAL STRENGTH</strong></td>
<td><strong>SPRINTS &amp; DRILLS</strong></td>
<td><strong>REST DAY</strong></td>
<td><strong>ENDURANCE RIDE</strong></td>
</tr>
<tr>
<td>5.25 hrs.</td>
<td></td>
<td>Duration: 1 hr.</td>
<td>Duration: 10-15 mins.</td>
<td>Duration: 1 hr.</td>
<td>Duration: 1 hr.</td>
<td>Duration: 2 hrs.</td>
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<tr>
<td><strong>Intensity: HIGH</strong></td>
<td><strong>Intensity: LOW</strong></td>
<td><strong>Intensity: HIGH</strong></td>
<td><strong>Intensity: HIGH</strong></td>
<td><strong>Intensity: VERY HIGH</strong></td>
<td><strong>Intensity: LOW-MED</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Details</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Recovery Week: Every 4 weeks we reduce your training load to help you consolidate fitness gains made over the past 3 weeks. You will continue the intensity progression, but only once this week and other workouts this week will reduce in duration or intensity.</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

####MONDAY
- **Warm-up**
  - Begin with the Benchmark Warmup.
- **Workout**
  - After the warmup, complete the following workout segments from the video:
    + Track Intervals
- **Cooldown**
  - Easy intensity for at least 3-5 minutes following the last intervals.

####TUESDAY
- **Warm-up**
  - Begin with the Benchmark Warmup.
- **Workout**
  - After the warmup, complete the following workout segments from the video:
    + Track Intervals
- **Strength & Stability Circuit**
- **Core Exercises**
  - 60 sec. stomach plank
  - 30 sec. plank on each side
  - 10 glute bridges (5 sec hold)
  - 50 lateral band shuffle from each direction (tiny steps)
- **Strength Exercises**
  - 15 back extensions or cobras
  - 10 single-leg squats (each leg)
  - 10 single-leg hamstring curls on ball (each leg)
  - 20 steps walking lunges
  - 20 pushups
  - 10 pullups
- **Cooldown**
  - Stretching and foam roller

####WEDNESDAY
- **Warm-up**
  - Begin with the Benchmark Warmup.
- **Workout**
  - After the warmup, complete the following workout segments from the video:
    + Pedaling Drills
    + Ramp-ups
    + Explosive Sprints 1-2
    + The Race
- **Strength & Stability Circuit**
- **Core Exercises**
  - 15 back extensions or cobras
  - 10 single-leg squats (each leg)
  - 10 pullups
  - 60 sec. stomach plank
- **Cooldown**
  - Easy intensity for at least 3-5 minutes following the last intervals.

####THURSDAY
- **Warm-up**
  - Begin with the Benchmark Warmup.
- **Workout**
  - After the warmup, complete the following workout segments from the video:
    + Track Intervals
    + The Race
    + Explosive Sprints 1
    + Pedaling Drills
- **Core Exercises**
  - 10 pullups
  - 20 pushups
  - 20 steps walking lunges
  - 10 single-leg squats (each leg)
  - 10 single-leg squats (each leg)
- **Cooldown**
  - Easy intensity for at least 3-5 minutes following the last intervals.

####FRIDAY
- **RACE SIMULATION**
  - Duration: 1 hr.
  - **Intensity: VERY HIGH**

####SATURDAY
- **ENDURANCE RIDE**
  - Duration: 2 hrs.
  - **Intensity: LOW-MED**

####SUNDAY
- **RACE DAY**
  - Duration: 2 hrs.
  - **Intensity: LOW-MED**

**Video**

**POWER**

For your first intensity day this week, return to the Week 1 progression. This will allow you to get some work in, but at a lighter stimulus than you have recently experienced in order to help the muscles recover and build to a higher level.

**SPEED**

A good way to help the time pass is incorporating some pedaling drills, such as 3x5 minutes of high-cadence spinning or 2 sets of 5x30 seconds single-leg pedaling on each side.

**RACE DAY**

This can be completed with a group if you prefer, but it should be a group that allows you to remain relatively comfortable for the duration of the ride.
## Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workouts</td>
<td>REST DAY</td>
<td>VO2 INTERVALS</td>
<td>FUNCTIONAL STRENGTH</td>
<td>SPRINTS &amp; DRILLS</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>ENDURANCE RIDE</td>
</tr>
<tr>
<td>Duration</td>
<td>6.25 hrs.</td>
<td>1.25 hrs.</td>
<td>20-30 mins.</td>
<td>1 hr.</td>
<td>1 hr.</td>
<td>1 hr.</td>
<td>2.5 hrs.</td>
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<td>Notes</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Details

**Monday**

- **Warm-up**
  - Begin with the Benchmark Warmup.

- **Workout**
  - After the warmup, complete the following workout segments from the video:
    - +Track Intervals
    - +Road Echelon
    - +Road Chase

- **Cooldown**
  - Easy intensity for at least 3-5 minutes following the last intervals.

**Tuesday**

- **Warm-up**
  - Begin with the Benchmark Warmup.

- **Core Exercises (2 sets)**
  - 60 sec. stomach plank
  - 30 sec. plank on each side
  - 10 glute bridges (5 sec hold)
  - 50 lateral band shuffles each direction (tiny steps)
  - 15 back extensions or cobras

- **Strength Exercises (2 sets)**
  - 10 single-leg squats (each leg)
  - 10 single-leg hamstring curls on ball (each leg)
  - 20 steps walking lunges
  - 20 pushups
  - 10 pullups

- **Cooldown**
  - Stretching and foam roller

**Wednesday**

- **Warm-up**
  - Begin with the Benchmark Warmup.

- **Workout**
  - After the warmup, complete the following workout segments from the video:
    - +Pedaling Drills
    - +Ramp-ups
    - +Explosive Sprints 1-2
    - +The Race

- **Cooldown**
  - Easy intensity for at least 3-5 minutes following the last intervals.

**Thursday**

- 1 hour Submax Ride.
  - Lighten the load during this recovery week. Spin at your normal submax pace that you have become comfortable with from the long weekend rides.

**Friday**

- Warmup with one or both of the warmup options. If you're short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.

- Warmup with one or both of the warmup options. If you're short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.

- Jump into the race and go as hard as you can! The efforts come thick and fast. In these first few weeks, feel free to sit out a few efforts when you need extra recovery and build toward more consistent intensity.

- Be sure to cooldown well after a massive effort.

**Saturday**

- Long-Steady Ride
  - 2:30 hour steady submax ride. Intensity should be about 60-70% of your threshold power, 75-80% of your threshold heart rate, or RPE of 3-4.

### Video

**Power**

- Another good use of your rest day is dealing with injuries or other ailments that may be limiting your training. Setting an appointment for physical therapy, massage, or chiropractic work if needed can help keep your body tuned up for optimal performance.

**Speed**

- A good way to help the time pass is incorporating some pedaling drills, such as 3x5 minutes of high-cadence spinning or 2 sets of 5x30 seconds single-leg pedaling on each side.

**Race Day**

- After last week's shorter ride, the volume target picks back up where you left off and resumes progression over the next three weeks.

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# VO2MAX PACK - WEEK 6

**8 WEEK TRAINING PLAN**

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### SCHEDULE

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Workouts</strong></td>
<td>REST DAY</td>
<td>VO2 INTV. &amp; RACE SIM.</td>
<td>FUNCTIONAL STRENGTH</td>
<td>SPRINTS &amp; DRILLS</td>
<td>REST DAY</td>
<td>RACE SIMULATION</td>
<td>ENDURANCE RIDE</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>6.5 hrs.</td>
<td>1.25 hrs.</td>
<td>20-30 mins</td>
<td>1 hr.</td>
<td>1 hr.</td>
<td>1 hr.</td>
<td>2.75 hrs.</td>
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<tr>
<td><strong>Intensity</strong></td>
<td>HIGH</td>
<td>HIGH</td>
<td>LOW</td>
<td>HIGH</td>
<td>LOW-MED</td>
<td>VERY HIGH</td>
<td>LOW-MED</td>
</tr>
</tbody>
</table>

### Details

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Track Intervals
  - +Road Echelon
  - +Road Chase

**Strength Exercises (2 sets)**
- 10 single-leg squats (each leg)
- 10 single-leg hamstring curls on ball (each leg)
- 20 steps walking lunges
- 20 pushups
- 10 pullups

**Cooldown**
- Stretching and foam roller

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Pedaling Drills
  - +Ramp-ups
  - +Explosive Sprints 1-2
  - +The Race

**Strength Exercises (2 sets)**
- 10 pullups

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Road Echelon
  - +Track Intervals
  - +Explosive Sprints 1-2

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Road Echelon
  - +Track Intervals
  - +Explosive Sprints 1-2

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Road Echelon
  - +Track Intervals
  - +Explosive Sprints 1-2

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Road Echelon
  - +Track Intervals
  - +Explosive Sprints 1-2

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - +Road Echelon
  - +Track Intervals
  - +Explosive Sprints 1-2

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**End of Race Simulation**
- Warmup with one or both of the warmup options. If you're short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.

**Warmup**
- Jump into the race and go as hard as you can! The efforts come thick and fast. In these first few weeks, feel free to sit out a few efforts when you need extra recovery and build toward more consistent intensity.

**Endurance Ride**
- Long-Steady Ride 2:45 hour steady submax ride. Intensity should be about 60-70% of your threshold power, 75-80% of your threshold heart rate, or RPE of 3-4.

- Be sure to cooldown well after a massive effort.

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# VO2MAX PACK

## WEEK 7

### SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEKOUTS</strong></td>
<td><strong>REST DAY</strong></td>
<td><strong>VO2 INTV. &amp; RACE SIM.</strong>&lt;br&gt;Duration: 1.25 hrs.&lt;br&gt;Intensity: HIGH</td>
<td><strong>FUNCTIONAL STRENGTH</strong>&lt;br&gt;Duration: 20-30 mins.&lt;br&gt;Intensity: LOW</td>
<td><strong>SPRINTS &amp; DRILLS</strong>&lt;br&gt;Duration: 1.25 hrs.&lt;br&gt;Intensity: HIGH</td>
<td><strong>REST DAY</strong></td>
<td><strong>RACE SIMULATION</strong>&lt;br&gt;Duration: 1 hr.&lt;br&gt;Intensity: VERY HIGH</td>
</tr>
</tbody>
</table>

### Details

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - [Track Intervals](#)
  - [Road Echelon](#)
  - [Road Chase](#)
  - [Road Bridge](#)
- Strength & Stability Circuit
  - [Core Exercises (2 sets)](#)
  - [Strength Exercises (2 sets)](#)
- Cooldown
  - Easy intensity for at least 3-5 minutes following the last intervals.

**Cooldown**
- Stretching and foam roller

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - [Pedaling Drills](#)
  - [Ramp-ups](#)
  - [Explosive Sprints 1-3](#)
  - [The Race](#)

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - [Pedaling Drills](#)
  - [Ramp-ups](#)
  - [Explosive Sprints 1-3](#)
  - [The Race](#)

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

**Warm-up**
- Begin with the Benchmark Warmup.

**Workout**
- After the warmup, complete the following workout segments from the video:
  - [Pedaling Drills](#)
  - [Ramp-ups](#)
  - [Explosive Sprints 1-3](#)
  - [The Race](#)

**Cooldown**
- Easy intensity for at least 3-5 minutes following the last intervals.

### Video

- [POWER](#)
- [SPEED](#)
- [RACE DAY](#)

### Notes

- Warmup with one or both of the warmup options. If you’re short on time, the trainer warmup will do a better job of helping prepare you for race intensity. If you have more time available, the course preview warmup will feature some easy riding that helps you get generally loose.

- Jump into the race and go as hard as you can! The efforts come thick and fast. In these first few weeks, feel free to sit out a few efforts when you need extra recovery and build toward more consistent intensity.

- Be sure to cool down well after a massive effort.

## Additional

- **POWERED BY** VISION QUEST COACHING
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- **realrides.tv**
## VO2MAX PACK

### WEEK 8

**POWERED BY VISION QUEST COACHING**

### SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| **Workouts**  
5.25 hrs. | **REST DAY** | **VO2 INTERVALS**  
Duration: 45 mins.  
Intensity: HIGH | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |
| **Details** | **Video** | **Notes** | **POWER** | **SPEED** | **RACE DAY** |
| Recovery Week  
The final week of the plan is an important one. Because it's the second 4th week of the 8-week cycle, it's also a rest week. | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |
| Benchmark Re-test  
However, this time, you'll also be re-evaluating your fitness by recording the results of the Benchmark Test on Saturday. This information will help you see how much progress you've made over the past 8 weeks as well as providing new reference points. | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |
| **Workouts**  
5.25 hrs. | **REST DAY** | **VO2 INTERVALS**  
Duration: 45 mins.  
Intensity: HIGH | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |
| **Details** | **Video** | **Notes** | **POWER** | **SPEED** | **RACE DAY** |
| Recovery Week  
The final week of the plan is an important one. Because it's the second 4th week of the 8-week cycle, it's also a rest week. | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |
| Benchmark Re-test  
However, this time, you'll also be re-evaluating your fitness by recording the results of the Benchmark Test on Saturday. This information will help you see how much progress you've made over the past 8 weeks as well as providing new reference points. | **FUNCTIONAL STRENGTH**  
Duration: 10-15 mins.  
Intensity: LOW | **SPRINTS & DRILLS**  
Duration: 1.25 hr.  
Intensity: HIGH | **REST DAY** | **BENCHMARK TEST**  
Duration: 2 hrs.  
Intensity: LOW-MED |

### Details

**Recovery Week**  
The final week of the plan is an important one. Because it's the second 4th week of the 8-week cycle, it's also a rest week.

**Benchmark Re-test**  
However, this time, you’ll also be re-evaluating your fitness by recording the results of the Benchmark Test on Saturday. This information will help you see how much progress you’ve made over the past 8 weeks as well as providing new reference points.

### Recovery Week

**Workout**  
After the warmup, complete the following workout segments from the video:
- Track Intervals

**Cooldown**  
Easy intensity for at least 3-5 minutes following the last intervals.

### Benchmark Re-test

**Warm-up**  
Begin with the Benchmark Warmup.

**Workout**  
After the warmup, complete the following workout segments from the video:
- Pedaling Drills
- Ramp-ups
- Explosive Sprints 1-3
- The Race

**Cooldown**  
Easy intensity for at least 3-5 minutes following the last intervals.

### Notes

**Being well rested will help you to perform well on the Benchmark test and set you up to jump back into a new training routine next week, whether by repeating this plan or trying a new plan.**

### Power

**Like in week 4, return to the Week 1 progression to lighten the training load and help the body recover.**

### Speed

**Try to increase your cadence during the high-cadence efforts compared to the last time you did this workout.**

### Race Day

**Congratulations, you have completed this training plan.**

**How much stronger did you get, what did you learn, and what could be added or improved?**

**Send your feedback to: comments@realrides.tv**

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