

## Intermediate-Advanced

### Week 1: Build

Monday: **Clinic Night** - Intro, Skills, Etiquette, then **Cycle** 60min as:  
> split in 3 groups (25, 30, 32km/hr. Pace) working on pace-lines.  
> 30sec pulls (80% effort), 2min draft (60%) in groups of 4-5

Tuesday: Cross-Train

Wed: **Cycle** 90min Zone 2

Thursday: **Cycle** 90min Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle Long** 2.5hrs (60-70km) Zone 2

Sunday: Rest Day

### Cycle Totals: 6hrs 30min

*Coaching Notes: This week is about looking at the overall training plan, getting into a routine and building good habits. These more advanced clinics indicate that you have prior pack riding experience or have done other Fondo and you're ready to train! This week's trapull is mostly a conversation pace and only strained when taking a 30sec pulls in the clinic pace-line session. You have the know-how. Build on that!*

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### Week 2: Build

Monday: **Clinic Night - Cycle HiIT Hill Repeats** 80min  
> w/u 15min ending at base of hill.  
> 5x [5min up Zone 4-5, 3min down Zone 1-2]  
> w/d 35min in groups of 3  
\* Optimal incline 6-7%

Tuesday: Cross-Train

Wed: **Cycle** 90min Zone 2

Thursday: **Cycle** 90min Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle Long** 3hrs (70-80km) mostly Zone 2

Sunday: Rest Day

### Cycle Totals: 7hrs 20min

*Coaching Notes: These first few weeks are about building capacity and re-introducing the body to different zones. This week's Hill Repeats session will get your engine revving in Zones 3-5. Include pedaling out of the saddle more in this session. Periodically pedaling in and out of the saddle while training will help your body get used to using muscles differently while riding. It is important to train with this since there are times when standing on the pedals will give you that extra power boost to get over the top of a hill or through a tough section. Ensure you stay consistent by doing all of the training rides. Set your intention at the start of each day to make the distance and put in the effort.*

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### **Week 3: Build**

#### **Monday: Clinic Night - Cycle Benchmark Time Trial 90min**

- > w/u 15min incl 4x 30 single leg pedal strokes alternating.
- > Main Set: 30-40k (or 60min) Time Trial (@Zone 4-5). Record your data (Ave Power, HR, time, etc.)
- > w/d 15min

Tuesday: Cross-Train

Wed: **Cycle** 2hrs Zone 2

Thursday: **Cycle** 90min Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle Long** 3.5hrs (90-100km)

\* Zone 2 @ 85%

\* Zone 3-4 @ 15%

Sunday: Rest Day

#### **Cycle Totals: 8hrs 30min**

*Coaching Notes: On Clinic Night, this is your 1st Test, a Time Trial. TT's are truly the ride of truth...you against the clock, very similar to an FTP test. No drafting. Pick a route that's relatively flat and traffic-free. Also, you are now starting to introduce some higher zones in your weekend long rides.*

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### **Week 4: Active Recovery**

#### **Monday: Clinic Night - Cycle Progressive Paced 90min**

- > 30min Zone 1-2
- > 20min Zone 2-3
- > 15min Zone 3-4
- > 10min Zone 4 to 4.5
- > 15min Zone 2

\* Work together in 3 separate pace groups

Tuesday: Cross-Train  
Wed: **Cycle** 90min Zone 2  
Thursday: **Cycle** 75min Zone 2 (or Rest Day)  
Friday: Cross-Train  
Saturday: **Cycle Long** 2.5hrs (50-60km) mostly Zone 2  
Sunday: Rest Day

**Cycle Totals: 6hrs 45min**

*Coaching Notes: Revive and recover this week. There s still riding to be done, but the length and intensity of the rides are somewhat reduced, particularly the long ride. Hopefully you're now getting in the zone and this week will get you recovered and firing on all pistons for the next build cycle. Recovery is paramount in order to improve!*

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## **Week 5: Build**

Monday: **Clinic Night - Cycle HiIT Repeats** 90min.  
> w/u 20min  
> 6x [2min Zone 4-5 HARD, 3min Zone 1-2]  
> w/d 40min in groups of 3  
\* Best done on flat terrain

Tuesday: Cross-Train  
Wed: **Cycle** 2hrs Zone 2 or Rest Day  
Thursday: **Cycle** 90min Zone 2  
Friday: Cross-Train  
Saturday: **Cycle Long** 3hrs 15min (~90km)  
> Zone 2 @ 80%  
> Zone 3-4 @ 20%  
Sunday: Rest Day

**Cycle Totals: 8hrs 15min**

*Coaching Notes: Another build phase! Re: Clinic ride: these short and vigorous efforts will help your body get used to the higher output needed for short climbs or bridge to a group up the road. Make certain there's a distinct difference between the interval and the recovery. When you push through these intervals, you'll feel the benefits of the longer rides in the coming weeks.*

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## Week 6: Build

Monday: **Clinic Night - Cycle HiIT Hill Repeats** 90min

- > w/u 15min ending at base of hill.
- > 5x [5min up Zone 4-5, 3min down Zone 1-2]
- \* 1,3,5 hills mostly stand @ Low RPM's (60-70)
- \* 2,4 hills seated @ Hi RPM's (80-90)
- > w/d 35min in groups of 3
- \* Optimal incline 6-7%

Tuesday: Cross-Train

Wed: **Cycle** 2hrs Zone 2 (or Rest Day)

Thursday: **Cycle** 90min Zone 2

Friday: Cross-Train

Saturday: **Cycle Long Hilly** 4hrs (95-105km)

- \* Zone 2 @ 80%
- \* Zone 3-4 @ 15%

Sunday: Rest Day

### Cycle Totals: 9hrs

*Coaching Notes: This week's focus is on CLIMBING, both in your group session and on your weekend long ride. Climbing out of the saddle is important, so stay up! Also, this session will give you a mini prep for next week's Cypress Hill Climb :) As well, this will be your 1st weekend long ride in 4hrs! You're getting stronger!*

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## Week 7: Build

Monday: **Clinic Night - Cycle Build** 90min

- > 30min Zone 1-2
- > 20min Zone 2-3
- > 15min Zone 3-4
- > 10min Zone 4 to 5
- > 15min Zone 2
- \* Work together in 3 separate pace groups

Tuesday: Cross-Train

Wed: **Cycle** 2hrs Zone 2 (or Rest Day)

Thursday: **Cycle Cypress Mountain!** 75min

- > w/u 20min

- > Climb Cypress Mtn 35-50min (Zone 4 average)
- > w/d back down Mtn

Friday: Cross-Train

Saturday: **Cycle** Long 4.5hrs (110-125km) Zone 2

Sunday: Rest Day

### **Cycle Totals: 9hrs 15min**

*Coaching Notes: This will be your toughest week thus far including Cypress Hill Climb TT + breaking through past the 4-hour mark for a single ride! Pay attention to nutrition and rest after these big workouts to make sure your body has the best possible opportunity to recover and adapt.*

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### **Week 8: Active Recovery**

Monday: **Clinic Night - Cycle Sprints** 90min

- > w/u 30min
- > 6x [ 5min as: 30sec Sprint! on 4:30 Zone 1-2]
- \* Alternate sprints sitting vs standing out of saddle!
- \* Best done on flat terrain
- > w/d 30min in groups of 3

Tuesday: Cross-Train

Wed: **Cycle** 90min Zone 2

Thursday: **Cycle** 90min Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle** Long 2:45 to 3hrs (75-85km) Zone 2

Sunday: Rest Day

### **Cycle Totals: 6 to 7.5hrs**

*Coaching Notes: This week is the time to let the body recover from another 3-week build. It is a time to let go of expectations and trust the process to take place in the body. Resist the temptation of doing more even if you feel strong - it is important to let the mind and body recover and adapt to the training loads it's been exposed to. You will need energy and drive to complete the next building phase in the program. If you are still feeling tired this week, use this recovery time and do even less!*

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### **Week 9: Build**

Monday: **Clinic Night - Cycle HiIT Hill Repeats** 90min

- > w/u 15min ending at base of hill.

- > 10x [5min up Zone 4-5, 2min down Zone 1-2]
- > w/d 25min
- \* 1,3,5 hills seated @ Hi RPM's (80-100)
- \* 2,4 hills stand @ Low RPM's (60-80)
- \* Optimal incline 6-7%

Tuesday: Cross-Train

Wed: **Cycle** 2hrs Zone 2

Thursday: **Cycle** 2hrs Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle Long** 4hrs 15min (110-125km)

- \* Zone 2 for 70%
- \* Zone 3-4 for 30%

Sunday: Rest Day

### Cycle Totals: 9hrs 45min

*Coaching Notes: These next 2 weeks will be tough both physically and mentally, so be ready! Be sure to keep up healthy habits with nutrition, hydration, and sleep to recover between workouts and absorb the increased training load.*

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### Week 10: Build

Monday: **Clinic Night - Cycle Tempo Intervals** 90min

- > w/u 15min
- > 4x [10min Tempo Zone 4 on 3min Recover Zone 1-2]
- > w/d 25min
- \* Best done on flat terrain
- \* These 10min repeats will mimic your Gran Fondo efforts

Tuesday: Cross-Train

Wed: **Cycle** 2hrs Zone 2

Thursday: **Cycle** 2hrs Zone 2 (or Rest Day)

Friday: Cross-Train

Saturday: **Cycle Long** 4.5hrs (110-125km)

- \* Zone 2 for 70%
- \* Zone 3-4 for 30%

Sunday: Rest Day

## Cycle Totals: 10hrs +

*Coaching Notes: Your last and final BIG build week! At this point you have completed almost 3 months of solid consistent training. Well done! Soon the taper begins :)*

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## Week 11: Recover/Taper

Monday: **Clinic Night - Cycle HiIT Repeats** 90min.

- > w/u 30min
- > 6x [ 5min as: 30sec Sprint! on 4:30 Zone 1-2]
- \* Alternate sprints sitting vs standing out of saddle!
- \* Best done on flat terrain
- > w/d 30min in groups of 3

Tuesday: Cross-Train

Wed: Rest Day

Thursday: **Cycle** 90min Zone 2

Friday: Cross-Train

Saturday: **Cycle Long** 3hrs (~75-80km)

- \* Zone 2 for 70%
- \* Zone 3-4 for 30%

Sunday: Rest Day

Cycle Totals: 6hrs

*Coaching Notes: If you followed this program, all benchmarks have been reached and the majority of your training is done. Trust that you are ready to take on the GranFondo challenge. Trying to fit in more training the week prior to the event will not help. As the saying goes, the hay is already in the barn! The taper is critical for you to have the best GranFondo experience!*

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## Week 12: Taper/GranFondo!!

Monday: **Clinic Night - Cycle Group Paceline** 75min

- > w/u 30min
- > 10x [ 2min as: 30sec leading, 1:30 drafting]
- \* Best done on flat terrain
- \* In groups of 4 practicing what will likely happen in Fondo
- > w/d 10min

Tuesday: Cross-Train

Wed: Rest Day

Thursday: **Cycle** 75min Zone 2

Friday: Rest Day/Package Pick-up

Saturday: **RBC Gran Fondo...Woot Woot!**

Sunday: Rest Day...of course!!!

*Coaching Notes: Congratulations...You made it through!!! Super low volume this week, but still doing some sprints with your clinic group to keep you sharp come event day. Get lots of rest this week to feel strong for your event. Strategize and plan the Fondo route in your head. If you pace yourself properly, you will have an awesome experience!*

