

Training Week Templates Guide

A practical resource of training week frameworks you can use to optimally sequence your workouts for greater adaptations and performance improvements.

HIGHNORTH

Contents

- ▶ ABOUT THIS GUIDE
- ▶ BASIC WEEK STARTING WITH RECOVERY DAY
- ▶ BASIC WEEK STARTING WITH TRAINING DAY
- ▶ EXAMPLE HIGH VOLUME WEEK
- ▶ EXAMPLE LOW VOLUME WEEK
- ▶ BASIC RECOVERY WEEK
- ▶ BASIC WEEK INCLUDING FITNESS TEST
- ▶ EXAMPLE WEEK USING “BLOCK METHOD”
- ▶ EXAMPLE TAPER WEEK
- ▶ PEAK RACE WEEK FOR SATURDAY RACE
- ▶ PEAK RACE WEEK FOR SUNDAY RACE
- ▶ ADDITIONAL TIPS

About This Guide

Laid out below is a collection of the training week frameworks you can use for different periods in your season or stages towards your fitness goals.

This guide includes weekly frameworks for basic training weeks, those you might use on a training camp (where you're afforded more training time), important recovery weeks, as well as high priority race weeks, so that you can set yourself up for the greatest chance of success.














With every training week, we've also included an explanation of why a particular sequence has been chosen, the goal of that weekly structure, as well as notes on how you might modify the template, bearing in mind these example weeks do not need to be copied outright and should be adapted to suit your unique needs.

As always, if you have any questions at all, you can send them through to info@highnorth.co.uk and we'll get back to you with any advice we can offer.

Many thanks,




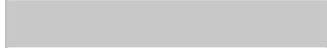








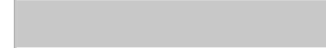
Tom & Emma

#1 Basic week starting with a recovery day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Recovery Ride Example recovery ride. Ideal Workout: Day Off or Easy Spin</p>	 <p>Interval Workout 1:45:00 109 TSS Example interval session. Ideal workout: 1-2H Supra-Threshold or VO2max session.</p> 	 <p>Endurance Development Workout 3:00:00 127 TSS Example endurance workout. Ideal workout: 2-3H Endurance Ride or Endurance w/ Fatigue Resistan...more...</p> 	 <p>Recovery Ride 0:45:00 19 TSS Example recovery ride. Ideal workout: 45M-1H easy spin or easy spin w/ ramps.</p> 	 <p>Interval Workout 1:50:00 122 TSS Example interval workout. Ideal workout: ~2H Mid-long threshold or supra-threshold intervals.</p> 	 <p>Endurance Maintenance Workout 2:00:00 105 TSS Example endurance maintenance workout. Ideal workout: Mid-length steady ride, steady ride with...more...</p> 	 <p>Endurance Development Workout 3:00:00 127 TSS Example endurance workout. Ideal workout: 2-3H Endurance Ride or Endurance w/ Fatigue Resistan...more...</p> 















This template will likely be the one used most often, given that it's a standard week and allows for a day of recovery after the weekend, where it's likely a lot of the week's training volume was concentrated. This recovery day is then followed by an interval session. It's important to do this interval session in a rested state in order to achieve the intensity targets necessary to stimulate the desired adaptations. Following this is an endurance ride, the goal of which can be achieved even if still partially fatigued from the interval session the day prior. After this block of two workouts, there's then a recovery ride to help speed up the recovery. The same principle then applies to the 2nd interval session of the week, which will likely target a slightly different area of your fitness, but still in a high intensity application. Over the weekend, where there is usually more training time available, the focus will be on aerobic efficiency, where either tempo or endurance workouts are recommended. The maintenance session and development sessions can be switched around to suit your schedule.

#2 Basic week starting with a training day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Interval Workout 1:30:00 98 TSS Example interval session.</p> <p>Ideal workout: 1-2H Supra-Threshold or VO2max session.</p> 	 <p>Endurance Development Workout 3:00:00 127 TSS Example endurance workout.</p> <p>Ideal workout: 2-3H Endurance Ride or Endurance w/ Fatigue Resistan...more...</p> 	 <p>Recovery Ride 0:45:00 19 TSS Example recovery ride.</p> <p>Ideal workout: 45M-1H easy spin or easy spin w/ ramps.</p> 	 <p>Interval Workout 1:30:00 107 TSS Example interval workout.</p> <p>Ideal workout: 1-2H Mid-long threshold or supra-threshold intervals.</p> 	 <p>Recovery Ride Example recovery ride.</p> <p>Ideal Workout: Day Off or Easy Spin</p>	 <p>Endurance Maintenance Workout 2:00:00 105 TSS Example endurance maintenance workout.</p> <p>Ideal workout: Mid-length steady ride, steady ride with...more...</p> 	 <p>Endurance Development Workout 3:00:00 127 TSS Example endurance workout.</p> <p>Ideal workout: 2-3H Endurance Ride or Endurance w/ Fatigue Resistan...more...</p> 













This is a variation of the basic week above, but is ideal for using after a recovery week, which is covered later in the guide. The same best practices are applied here: (i) coming into key interval sessions rested so that you're able to hit those sensitive intensity targets and achieve the desired adaptations, (ii) following intervals sessions up with a less sensitive endurance/aerobic efficiency session and (iii) then following this with a recovery/rest day to facilitate those adaptations. Feel free to switch around the type of interval sessions you do within these weeks depending on time in the season, current fitness etc. In addition, try to gradually increase the training load of such a week as you get fitter and progress throughout the season towards your key event dates. Increase this volume primarily through low intensity training and not by adding in significant amounts of high intensity training, which the body can only handle a finite amount of before under-recovery, over-training and physical and mental burnout arises.

#3 Example high volume week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Interval Workout 2:00:00 120 TSS Example interval session. Ideal workout: 2H Supra-Threshold or VO2max session.</p> 	 <p>Endurance Development Workout 3:00:00 143 TSS Example endurance workout. Ideal workout: 3H Endurance Ride with Mid-Ride Hill Repeats.</p> 	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout: 1H easy spin or easy spin w/ ramps.</p> 	 <p>Endurance Development Workout 4:00:00 185 TSS Example endurance workout. Ideal workout: 4H Endurance Ride or Endurance w/ Fatigue Resistance...more...</p> 	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout: 1H easy spin or easy spin w/ ramps.</p> 	 <p>Endurance Development Workout 4:30:00 208 TSS Example endurance workout. Ideal workout: 4-5H Endurance Ride.</p> 	 <p>Endurance Development Workout 3:30:00 167 TSS Example endurance workout. Ideal workout: 3-4H Endurance Ride with Tempo Intervals/Blocks.</p> 









For those with more time to train (either on a regular basis or for just a short time, like on a training camp/cycling holiday for instance), the example week above can be used. This sequencing will provide a high training stress whilst still leveraging two days of recovery. Such a week limits the amount of interval training done compared to a basic week or lower volume week for two reasons: 1) Intense interval workouts necessitate longer recovery, which can limit the amount of training that can be accomplished in a confined week and 2) interval training can be squeezed into a lower volume week without the goal being compromised, whereas there is little to no shortcut for achieving the intended adaptations from long-duration endurance training, which happen as a function of time spent riding and not intensity. If you're a cyclist who consistently has more time to train and uses high volume weeks often, consider using this example and an expanded basic week (lengthened endurance sessions and 2-3 interval sessions per week) for variety.

#4 Example low volume week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Recovery Ride Example recovery ride.</p> <p>Ideal workout from library: Day Off or Easy Spin</p>	 <p>Short Interval Workout 1:10:00 83 TSS</p> <p>Example interval session.</p> <p>Ideal workout from library: Shortened Supra-Threshold or VO2max sess...more...</p> 	 <p>Endurance Maintenance Workout 1:15:00 54 TSS</p> <p>Example Endurance Maintenance Workout</p> <p>Ideal workout from library: Shortened Undulating Aerobic...more...</p> 	 <p>Short Interval Workout 1:05:00 87 TSS</p> <p>Example interval workout.</p> <p>Ideal workout from library: Threshold 4x8M or 5x6M.</p> 	 <p>Recovery Ride Example recovery ride.</p> <p>Ideal workout from library: Day Off or Easy Spin</p>	 <p>Endurance Development Workout 3:30:00 162 TSS</p> <p>Example endurance workout.</p> <p>Ideal workout from library: 3-4H Endurance Ride.</p> 	 <p>Tempo Workout 1:30:00 97 TSS</p> <p>Example tempo workout.</p> <p>Ideal workout from library: Tempo: 2x20M w/ Hard Finishes</p> 








Those with relatively little time to train, especially throughout the working week, can use a week template similar to the above for a lot of their plan. The full recovery days are used here so that the little time that is available can be put into purposeful sessions, rather than spending time on recovery rides that may not be needed given the lower overall volume. It's important to raise the average intensity of the week to increase the TSS. However, at the same time it's also important not to get carried away by trying to do high intensity training all the time, since this can very quickly become too much, and be detrimental to fitness improvement long term. When possible, try to do a longer ride at the weekend, ideally two. It is critical to incorporate some long-duration riding into your week to develop your aerobic efficiency; this cannot be short-cut by making training shorter and more intense. Keep these weekend endurance rides low in intensity to facilitate these adaptations. Then in the 2-3 interval sessions in the week, make sure you give your best effort in order to hit the intensity targets and see the greatest returns from these, which will move your fitness onwards and upwards.

#5 Basic recovery week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Recovery Ride Example recovery ride. Ideal workout from library: Day Off or Easy Spin</p>	 <p>Recovery Ride 0:45:00 19 TSS Example recovery ride. Ideal workout from library: Easy Spin adjusted to 45M.</p>	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p>	 <p>Lower-Volume Threshold Workout 1:30:00 86 TSS Example Threshold workout Ideal workout from library: Shortened Threshold: 15M Ramps.</p> 	 <p>Recovery Ride Example recovery ride. Ideal workout from library: Day Off or Easy Spin</p>	 <p>Endurance Development Workout 3:00:00 139 TSS Example endurance workout. Ideal workout from library: 3H Endurance Ride.</p>	 <p>Recovery Ride 0:45:00 19 TSS Example recovery ride. Ideal workout from library: Easy Spin adjusted to 45M.</p>








Recovery weeks will differ from athlete to athlete, but should have the overarching goal of allowing fatigue to subside, mental and physical energy to be restored and to build up motivation and drive for the next training block. These weeks can be included with regularity (e.g. every 3-4 weeks) or in an on-demand fashion for those more experienced. Try to include 2x full days off the bike primarily for motivational reasons, and as well as some other short and easy recovery rides, try to still keep your hand in some 'regular' training sessions. One reduced-volume interval session (typically somewhere around threshold intensity works well) and one medium-length endurance ride will cover both the higher intensity and longer-duration, low intensity work. These two sessions should be enough to maintain your fitness over the easy 7 days, but not cause any residual fatigue. Try to end the week with a very easy ride or a day off, so as to ensure you're entering the proceeding week ready to train well again. The recovery rides in the week as well as the reduced-volume interval session you choose for this kind of week can be tweaked according to your regular training load, training history and understanding of what has and hasn't worked for you in the past.

#6 Basic week including fitness test

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 Recovery Ride Example recovery ride. Ideal workout from library: Day Off or Easy Spin	 Recovery Ride 1:15:00 31 TSS Example recovery ride. Ideal workout from library: 1-1.5H Easy Spin or Easy Ride + Short Ramps.	 Fitness Test 1:30:00 101 TSS Example fitness test. Ideal test from library: 20M FTP, Max HR or Threshold HR Test	 Endurance Development Workout 3:00:00 127 TSS Example endurance workout. Ideal workout: 2-3H Endurance Ride or Endurance w/ Fatigue Resistan...more...	 Recovery Ride 0:45:00 19 TSS Example recovery ride. Ideal workout from library: 45M Easy Spin or 1H Easy Ride + Short Ramps.	 Interval Workout 1:50:00 123 TSS Example interval session. Ideal workout: 1-2.5H Threshold, Supra- Threshold or VO2max session.	 Endurance Development Workout 3:30:00 162 TSS Example endurance workout. Ideal workout from library: 3-4H Endurance Ride.














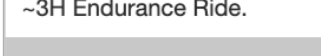
Including regular fitness testing, especially if training with power serves two important purposes: 1) to calibrate or re-calibrate your training intensity zones, so that workout intensity targets are set correctly and 2) to measure progress in this area of your cycling fitness. With the HR-based tests (Threshold HR and Max HR) these alone cannot give much/any insight into fitness improvements, but can be useful for setting training zones. Both can change over time for various reasons, so it can be useful to re-test from time to time. This week is set up so that you can be fresh for the testing, with a day off and an easy ride before the test day. If you are used to higher volumes, feel free to make both days easy rides and increase the duration, but keep the lead-up to any subsequent tests the same so that you have comparable results. If inexperienced with testing, try to schedule a few in the early part of the season to get a larger spread of results, and consider trying out some of the various FTP testing methods included in the Complete Workout Library to see which one works better. After the test day, you will likely feel quite energised rather than fatigued, given the effort(s) is relatively short, so it may be possible to perform an interval session the day after. If not, then stick with an endurance-focused session, where the goal of such a workout can still be achieved in the presence of fatigue, given you can ride at a low intensity and still achieve the desired adaptations.

#7 Example week using “Block Method”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Recovery Ride 1:00:00 25 TSS</p> <p>Example recovery ride.</p> <p>Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p>	 <p>Interval Workout 1:30:00 98 TSS</p> <p>Example interval session.</p> <p>Ideal workout from library: 1-2H VO2max session.</p>	 <p>Interval Workout 1:40:00 115 TSS</p> <p>Example interval session.</p> <p>Ideal workout: 1-2H Supra-Threshold session.</p>	 <p>Threshold: 5x6M 2:00:00 129 TSS</p> <p>Example interval session.</p> <p>Ideal workout from library: 1-2H Threshold session.</p>	 <p>Recovery: Day Off</p> <p>Complete rest - full day off the bike.</p> <p>PURPOSE: Allow for both body and mind to rest, absorb p...more...</p>	 <p>Recovery Ride 1:30:00 38 TSS</p> <p>Example recovery ride.</p> <p>Ideal workout from library: 1-1.5H Easy Spin or Easy Ride + Short Ramps.</p>	 <p>Endurance Development Workout 4:00:00 185 TSS</p> <p>Example endurance workout.</p> <p>Ideal workout from library: ~4H Endurance Ride.</p>













The “block method”, which over the course of a mesocycle (e.g. a 4 week period) can be called “block periodisation” (article here), is a way of creating a concentrated stress load on the body in order to cause a super-compensatory response (i.e. a spike in fitness) when adequate recovery afterwards is provided. You can use this block method in a number of contexts: (i) as a short-term tapering strategy between a string of races week after week, (ii) at key times throughout the training plan, when wanting to see a boost in a particular area of fitness, or even (iii) if you have a schedule that affords you a string of days where you’re able to train, preceded and proceeded by days with no training time (e.g. due to travel). The example above shows a block of intervals, where the intensity gets lowered over the course of the three days and interval duration rises. However, this is just an example; experiment to see what kind of approach brings you the best results. It is important to also understand that it is not just interval training that can be used - it’s possible to also incorporate long-duration, low intensity endurance training within a block.

#8 Example taper week (1 week out from race)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Interval Workout 1:30:00 98 TSS Example interval session. Ideal workout from library: 1-2H VO2max session.</p> 	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p> 	 <p>Interval Workout 1:40:00 105 TSS Example interval workout. Ideal workout from library: 1-2H anaerobic capacity workout.</p> 	 <p>Recovery Ride 1:30:00 38 TSS Example recovery ride. Ideal workout from library: 1-1.5H Easy Spin or Easy Ride + Short Ramps.</p> 	 <p>Threshold: 5x6M 2:00:00 129 TSS Example interval session. Ideal workout from library: 1-2H Threshold session.</p> 	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p> 	 <p>Endurance Maintenance Workout 2:45:00 127 TSS Example endurance workout. Ideal workout from library: ~3H Endurance Ride.</p> 








The purpose of a taper period or week as shown above is to facilitate ideal “form” (a combination of high fitness and low fatigue) as well as to include workouts that are race-specific, so that you’re physically, mentally and technically ready for the demands of competition. This reduction in fatigue is brought about by reducing the overall volume of the week, where the duration of low intensity training is reduced. This then frees up energy to be distributed and applied elsewhere, in this case for a slight increase in the intensity of interval sessions. Days off can be taken during this week, though best practice and the findings from observational studies of top performers suggest that riding every day (even for very short periods) often leads to better readiness and a more effective taper. The most important thing in this kind of week (which will typically fall 2 weeks out from your target race) is to eliminate almost all workouts that are of medium intensity. Training during this period either wants to be “on” or “off”, i.e. hard workouts or very easy sessions.

#9 Peak week for Saturday race

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Race Specific Interval Workout</p> <p>2:00:00 120 TSS</p> <p>Example interval workout.</p> <p>Ideal workout from library: 1-2H anaerobic capacity workout.</p> 	 <p>Recovery Ride</p> <p>1:15:00 31 TSS</p> <p>Example recovery ride.</p> <p>Ideal workout from library: 1-1.5H Easy Spin or Easy Ride + Short Ramps.</p> 	 <p>Race Specific Interval Workout</p> <p>1:45:00 109 TSS</p> <p>Example interval workout.</p> <p>Ideal workout from library: 1-2H anaerobic capacity workout.</p> 	 <p>Recovery Ride</p> <p>1:00:00 25 TSS</p> <p>Example recovery ride.</p> <p>Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p> 	 <p>Pre-Race Openers Workout</p> <p>1:00:00 57 TSS</p> <p>Example openers workout.</p> <p>Ideal workout from library: Pre-Race Openers</p> 	 <p>A-Priority Event</p>	 <p>Recovery Day</p> <p>Recovery day.</p>

This example week is what you will use to put the finishing touches to your form coming into a goal race or event. You'll see that much like the taper week, there are only hard sessions and easy sessions, and the overall volume is brought down significantly to ensure that any fatigue that may get in the way of peak performance is gone. Generally, a recovery ride two days before a race and then an 'openers' session the day before works well. You can experiment with B and C-priority races to find the best approach for you. We've seen cyclists have good results with the order of the recovery ride and openers session switched around, for example. Although the race specific sessions shown above feature anaerobic workouts (which would be applicable for MTB XC races, criteriums, cyclocross and short-mid length road races), it maybe that you need to use supra-threshold and VO2max sessions if your racing will be longer duration and more aerobic in nature. On the day of your event, try to use one of the warm up sessions from the Complete Workout Library and aim to finish this as close to the start of the event as possible. A day off is then scheduled for the Sunday after the event, though this could be a ride if desired.

#10 Peak week for Sunday race

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	2	3	4	5	6	7
 <p>Recovery Ride 1:15:00 31 TSS Example recovery ride. Ideal workout from library: 1-1.5H Easy Spin or Easy Ride + Short Ramps.</p>	 <p>Race Specific Interval Workout 2:00:00 120 TSS Example interval workout. Ideal workout from library: 2H anaerobic capacity workout.</p>	 <p>Endurance Maintenance Workout 2:00:00 85 TSS Example endurance workout. Ideal workout: 2H Endurance Ride.</p>	 <p>Race Specific Interval Workout 1:30:00 98 TSS Example interval workout. Ideal workout from library: 1-2H anaerobic capacity workout.</p>	 <p>Recovery Ride 1:00:00 25 TSS Example recovery ride. Ideal workout from library: 1H Easy Spin or Easy Ride + Short Ramps.</p>	 <p>Pre-Race Openers Workout 1:00:00 57 TSS Example openers workout. Ideal workout from library: Pre-Race Openers</p>	 <p>A-Priority Event</p>

This example week is what you will use to put the finishing touches to your form coming into a goal race or event. You'll see that much like the taper week, this week features almost exclusively hard sessions and easy sessions, and the overall volume is brought down significantly to ensure that any fatigue that may get in the way of peak performance is gone. In this example of a Sunday race, having a medium length, but low intensity session mid-week often works well to relax the mind without adding any more fatigue. Generally, a recovery ride two days before a race and then an 'openers' session the day before works well. You can experiment with B and C-priority races to find out what maybe the best approach for you. We've seen cyclists have good results with the order of the recovery ride and openers session switched around, for example. Although the race specific sessions shown above feature anaerobic workouts (which would be applicable for MTB XC races, criteriums, cyclocross and short-mid length road races), it maybe that you need to use supra-threshold and VO2max sessions if your racing will be longer duration and more aerobic in nature. On the day of your event, try to use one of the warm up sessions from the Complete Workout Library and aim to finish this as close to the start of the event as possible.

Additional Tips

Finally, here are a few suggestions to make using these example training weeks more effective and to help you better apply them to your own training and preparation:

- The weeks above have not included core strength or heavy-load strength training (weight lifting). However, if time and your capacity to recover permits, these are highly encouraged. Two sessions per week are generally needed if you wish to improve your strength (recommended to take place in the build-up to your race season). However, one session per week is sufficient for strength maintenance (this lower volume might be better during the race season). To save time, we recommend combining a core strength session with heavy-load strength training. These strength sessions may initially mean one bike workout is sacrificed, though once the muscles have adapted and residual fatigue (DOMS) is no longer a big problem, it should be possible to successfully combine strength and on-the-bike training.
- Always lean on the side of recovery and be conservative when increasing intensity. Keep in mind that good training is a long-term play and that it's very easy to get mentally and physically burnt out from high intensity training when this goes beyond a certain level (typically greater than 2-3x per week).
- Try to fill your training plan with a lot of variety, taking full advantage of all the different workouts available to train a specific aspect of fitness. This will prevent the body from becoming desensitised to a certain intensity and workout design, and will mean that the adaptations you get from training are consistently good.
- As you progress through the plan, try to conservatively increase the duration of your low intensity endurance training, given that the adaptations you're seeking happen as a function of time spent riding and not intensity. This can be done simply by adding 10-15 minutes onto your key rides in the week, week-on-week. This increase in duration does not have to happen indefinitely, but for most riders, progressing up to around 4 hours will be very effective, unless your cycling discipline or racing demands require ride times much longer than this.

Thank You

We hope that the training week templates laid out in this guide help you to gain greater performance increases from your training time and energy investment.

If you have any questions about how to best implement a particular weekly template in your own training, please get in touch at info@highnorth.co.uk. You can also drop us an email if you're interested in our help in creating a customised training plan towards a particular race or fitness goal, or indeed enquire about our one-to-one coaching or physiological testing services.

You can find more info on each by clicking here: [Our Services](#)