

UNM Lobo Cycling Team 2009-2010

Beginner/Intermediate training program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day off OR 30-60M very easy. Core workout.	1 - 2 hours w/four 10 sec sprints and 30M moderate (tempo)	45 - 90M easy to moderate	1 - 2 hours with 2x15 minutes hard (threshold)	Day off OR 30-60M very easy. Core workout.	1 - 2 hours MTB or road (group)	1 - 2 hours MTB or road (group)
Week 2	Day off OR 30-60M very easy. Core workout.	1 - 2 hours with 4x3 minutes very hard (VO2 Max), 3 minute recovery	45 - 90M easy to moderate	1 - 2 hours with 2x20 minutes hard (threshold)	Day off OR 30-60M very easy. Core workout.	1.5 - 3 hours MTB or road (group)	1.5 - 3 hours MTB or road (group)
Week 3	Day off OR 30-60M very easy. Core workout.	1 - 2 hours with 3x15 minutes hard (threshold)	45 - 90M easy to moderate	1.5 - 2 hours with 45 minutes moderate (tempo)	Day off OR 30-60M very easy. Core workout.	2 - 4 hours MTB or road (group)	2 - 4 hours MTB or road (group)
Rest Week	Day off OR 30-60M very easy. Core workout.	45 - 90M easy to moderate	Day off. Core workout, clean/check bike(s)	45 - 90M easy to moderate	Day off OR 30-60M very easy. Core workout.	45 - 90M easy to moderate	Day off OR 30-60M very easy.
Race Week	Day off OR 30-60M very easy. Core workout.	45 - 90M easy to moderate	1 - 1.5 hours with two 10 sec sprints, 1x15M threshold, and 2x2M very hard, 2M recovery	Day off. Core Clean/check bike(s)	Opening up workout (same as Wed) if racing Sat	Race or opening up workout if racing Sun	Race or recovery ride (very easy)