



TOUR DE VICTORIA PLAN Beginner_New Intermediate June 8_August 15 2026

TEN WEEKS TO GO!!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	8	9	10	11	12	13	14
Reset Week Testing your zones & getting ready to train TaG You Tube Channel Pls Subscribe For additional Workouts & Cyclists yoga		FTP THRESHOLD TEST 2 x 8 MIN TEST The protocol is: after a substantial warmup with some accelerations ride easy for 5 mins then, start a lap on your power meter and ride as hard as you can sustain for 8 mins Ride easy 10 mins and repeat. The average power of the higher effort is recorded and multiplied by .90 to estimate what your "hour of power"	ENDURANCE RIDE Z2 On easy consistent terrain Keeping the effort in a range of 4.5-6.5/10 effort 56-75% FTP https://www.youtube.com/watch?v=6loB2wv96Mc&t=1s Cadence range 80-100 rpm If you haven't done much work on cadence give this a try. Do you get stuck in a gear and feel uncomfortable changing gears because its	TEST YOUR MAX POWER EFFORTS V02 30 SEC POWER Hard as you can 3 min rest 60 SEC POWER as with 30 sec 5 min rest Using your mid range 30 sec power measure 3 x 30 secs hard @ 9-10/10 90 sec easy	STRETCH/ CORE WITH MAGGIE https://www.youtube.com/watch?v=tRVDpIN3Rzg&t=50s TaG You Tube Channel Pls Subscribe!	RIDE TEMPO Z4 Warm up Climb / TT effort 1 x 12 mins @ Tempo @ 7/10 PE 76-90% FTP Ride Z2 to finish	ENDURANCE RIDE Z2 Z2 ride 4.5-6.5/10 perceived effort Cadence range 80-100 rpm On flatter terrain try a little easier gear and focus on higher than 80 rpm for 5 mins at a time If leg speed is not a problem for you...try 90-95 rpm. Practice until you get comfortable...it will take a while

		(or Threshold Power) would be. This is for use in efforts related to FTP Done on trainer or low grade hill without interruptions 1 hr	hard to compensate with your leg speed? This video has a 20 min workout to follow or listen to 1 hrs	1 hr		1 hrs /1x 12 mins tempo	1 ½ hrs
Week 2	15	16	17	18	19	20	21
Week 3	22	23	24	25	26	27	28
Week 4	29	30	1	2	3	4	5
June15–July5 * there is an Add to each of the 3 weeks in time or number of efforts **OPTION If you feel you need more recovery take Thursday or Saturday	OFF	THRESHOLD + Warm up 20 mins 2 x 5 min efforts on climb @ 7.5/10 effort + a bit if you can w 4 min rest between easy *Add 1 min each week 1 hr ride	ENDURANCE RIDE Z2 On easy consistent terrain Keeping the effort in a range of 5.5-6.5/10effort Leg speed! 1 ¼ hr	MAX POWER EFFORTS 4 x 30 secs hard @ 9-10/10 /90secs @1- 2/10 In a hard gear *Add an effort to the set each week 5 x , 6x 1 hr **Active Recovery Option	STRETCH/ CORE WITH MAGGIE https://www.youtube.com/watch?v=mFjrnT43eRQ&t=649s	RIDE TEMPO Climb or TT 10-12 mins . Start at Tempo @ 7/10 Push up to 7.5/10 at the end for the last 2 mins 1 -1 ¼ hrs **Active Recovery Option	ENDURANCE RIDE Z2 RIDE ride with flow of terrain no aggressive climbs 5.5/6.5/10 effort *Add 10 mins each week 1 ½ - 2 hrs
Week 5	6	7	8	9	10	11	12
July 6-12 EASIER WEEK	OFF	ACTIVE RECOVERY CAN BE OFF	ENDURANCE RIDE Z2 Flat to rolling terrain 5.5/6.5/10 effort 1 ½ hr	MAX POWER EFFORTS 5 x 30 secs hard @ 9-10/10 /90secs @1- 2/10 5 min easy between 2/10. In a hard gear 1 hr	ACTIVE RECOVERY STRETCH W MAGGIE https://www.youtube.com/watch?v=e4OH2ArOV-E&t=5s	RIDE TEMPO 1 x 15 mins @ 7-7.5/10 Tempo effort with 5-6 mins easy @ 2-3/10 between Ridden on flatter terrain 1 ¼ hrs	ENDURANCE RIDE Z2 5.5-6.5/10 effort Practise preparation..eating &hydration 2 ½ hrs

Week 6	13	14	15	16	17	18	19
Week 7	20	21	22	23	24	25	26
Week 8	27	28	29	30	31	1	2
July13–Aug 2 * there is an Add to each of the 3 weeks in time or number of efforts **As before Thursday or Sat can be added recovery days	OFF	PACE CHANGE at THRESHOLD + 1 x 5 min efforts as 15 secs hard @ 8/10 then 15 secs easy @ 2 /10 w 5 min rest between @ 2/10 *Add 1 min each week 6 min/7 min 1 hr	ENDURANCE RIDE Z2 on easy consistent terrain https://www.youtube.com/watch?v=6IoB2wv96Mc&t=1s Refresh Cadence work 1 ½ + hr	MAX POWER EFFORTS 6 x 30 secs hard @ 9-10/10 /90secs @ 2/10 5 min easy between @ 2/10. In a hard gear but try to carry some rpm **Active Recovery Option 1 hr	ACTIVE RECOVERY STRETCH/ CORE W MAGGIE https://www.youtube.com/watch?v=tRVDpIN3Rzg&t=50s	RIDE TEMPO 2 x 10 min climb or TT Start at Tempo first half @7/10 Push to 7.5/10 with 5 mins to go 5 min easy between the 2 **Active Recovery Option 1-1 ½ hrs	ENDURANCE RIDEZ2 RIDE with flow of terrain no aggressive climbs Check in on your cadence! *Add 10 mins each week 2 ½ - 3 hrs
Week 9	3	4	5	6	7	8	9
EASIER WEEK Aug 3-9	OFF	ACTIVE RECOVERY CAN BE OFF	PACE CHANGE efforts 2 x 4 min efforts as 15 secs hard @ 8/10 then 15 secs easy @ 2 /10 5 min rest between @ 2/10 1 hr	ENDURANCE RIDE Z2 Flat to rolling terrain 1 ½ hr	ACTIVE RECOVERY STRETCH WITH MAGGIE https://www.youtube.com/watch?v=h3vxfnOkFPA	RIDE TEMPO 10 mins at 7-7.5/10 Tempo effort 1-1 ½ hrs	FUN RIDE FUN RIDE WHATEVER YOU WANT 1 ½ hrs
Tour de Vic	10	11	12	13	14	15	16
August 10-16	OFF	ENDURANCE RIDE Z2 1-1 ½ hr	MAX POWER EFFORTS 4 x 30 secs hard @ 9/10 /90secs @ 2/10 . 1 hr	OFF STRETCH W MAGGIE	EASY RIDE ½ -1 hr	TOUR DE VICTORIA	

KEY FOR EFFORTS

ENDURANCE PACE

ZONE 2

Able to talk. In this range you are still working with enough Oxygen that you are able to clear lactate easily. It is a wide range and **PE perceived effort is often the best test**. Spitting out words means you are going too hard. A good guideline is **4.5-6/10 effort** with 10 being hard V02. Or in numbers, fluctuating around **56-75% of FTP** Best to do these on flattish terrain, consistent flat rides help to achieve this training affect

TEMPO ZONE

ZONE 3

Effort is about **6.5-7/10 perceived exertion**, with 10 being maximum aerobic prior to anaerobic zones. **76-90% of FTP**. This is starting to build a significant amount of lactate but forcing your body to buffer it and clear effectively Tempo is an excellent workout for developing aerobic power and endurance.

LACTATE THRESHOLD

ZONE 4

Steady State Intervals **91-105% FTP Perceived effort 8-9/10** Challenging the threshold level and teaching the body to process and deal with lactate... These intervals can be done on flats or a hill but will challenge you differently on each. Don't rely on hill repeats alone. Learn to generate this amount of effort on the flats and training to use a higher RPM

MAX AEROBIC POWER

ZONE 5

Efforts are short intense efforts at your highest range of capability. **a. 9-10/10 Perceived effort. 106-120% FTP Power**. This will help put you over the top of hard climbs still pedaling your bike and allow you to close little gaps quickly. This helps you with those biking surges and pace changes **.b. 121-150% FTP** for the very short bursts and repeatability. Perceived effort 10+/10

c >150% FTP is purely anaerobic and exceeds the aerobic perceived effort 10 +/-10

ACTIVE RECOVERY

Any activity or cross train that is low intensity. **2-3/10 PEI <50% FTP** **REST** Your hard work gets to take effect!