



TOUR DE VICTORIA PLAN INTERMEDIATE & ADVANCED 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 20 MIN TEST The protocol is: after a substantial warmup, start a lap on your power meter head unit, and ride as hard as you can sustain for 20 mins The average power recorded for the 20-minute test is multiplied by .95 to estimate what your "hour of power" (or Threshold Power) would be Is for use in efforts related to FTP 1 ½ -2 hr	ENDURANCE RIDE Z2 On easy consistent terrain Keeping the effort in a range of 4.5-6.5/10effort Z2 Endurance Ride 56-75%FTP 1 ½ - 2 hrs	TEST YOUR MAX POWER EFFORTS V02 30 SEC POWER 3 min rest 60 SEC POWER 5 min rest 5 MIN POWER 10 mins easy Using your 30 sec power measure 4 x 30 secs hard @ 9-10/10 90 sec easy ADV = 1 ½ hrs INT = 1 hr	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 2 x 15 mins @ Tempo @ 7/10 PE 76-90% FTP 5 mins easy between Ride Z2 to finish ADV = 2 hrs INT = 1 ½ hrs /1x 15 mins tempo	ENDURANCE RIDE Z2 Z2 ride 4.5-6.5/10 perceived effort Cadence range 85-100 rpm 2- 2 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	OFF	RACE 1 hr Or FTP THRESHOLD efforts Total 1 hr work 2 x 8 min efforts on climb at 91-105%FTP w 4 min easy between *Add 1 min to the interval each week 9 min,10 min @ 8-8.5/10 PEI 1 hr work of 2 hrs ride ADV = 2 hr INT =1 ½ hrs /2 x 6 min FTP	ENDURANCE RIDE Z2 on easy consistent terrain Keeping the effort in a range of 4.5-6.5/10effort Z2 Endurance Ride 56-75%FTP 2-2 ½ hrs	MAX POWER EFFORTS 2 sets 5 x 30 secs hard 121-150%FTP @ 10/10 /90secs @1- 2/10 @EASY 5 min easy between @ 2/10. In a hard gear but try to carry some rpm *Add an effort to the set each week 6 x 30 sec hard 7 x 30 secs hard ADV = 1 ½ hrs INT = 1 hr/ 1 set 5 x 30 secs	OFF STRETCH/CORE WITH MAGGIE https://www.youtube.com/watch?v=mFjrnT43eRQ&t=649s TaG You Tube Channel Pls Subscribe!	RIDE TEMPO BUILD AT THE FINISH Climb / TT effort 30 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo @ 7/10 @76-90% FTP to 5 mins to go Push up to 7.5-8/10 at the end for the last 5 mins ADV = 2 ½ hrs INT = 2 hrs / 20 min tempo	ENDURANCE RIDE Z2 RIDE with flow of terrain no aggressive climbs Focus on higher cadences in a Z2 ride 4.5-6.5/10 perceived effort *Add 15 mins to the ride each of 3 weeks ADV =3-3 ¾ hrs INT = 2 ½ -3 hrs
Week 5	6	7	8	9	10	11	12
July 6-12 EASIER WEEK	OFF	ACTIVE RECOVERY CAN BE OFF	MAX POWER EFFORTS 2 sets 5 x 30 secs hard @121-150% @ 10/10 /90secs @1- 2/10 EASY 5 min easy between 2/10. ADV = 1 ½ hrs INT = 1 hr/ 2 set 3-4 x 30 secs	ENDURANCE RIDE Z2 On easy consistent terrain Keeping the effort in a range of 4.5-6.5/10effort Z2 Endurance Ride 56-75%FTP ADV =2 ½ hrs INT = 2 hrs	ACTIVE RECOVERY STRETCH W MAGGIE https://www.youtube.com/watch?v=e4OH2ArOV-E&t=5s	RIDE TEMPO Climb effort 2 x 20 mins 5 mins @ 7-7.5/10 76-90% FTP with 5-6 mins easy @ 2-3/10 between ADV =2 ½ hrs INT = 2 hrs / 2 x 10 mins	ENDURANCE RIDEZ2 4.5-6.5/10 PEI Practise preparation, eating & hydration ADV=3 hrs INT = 2 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

July 13-Aug 2	OFF	RACE 1 hr OR PACE CHANGE THRESHOLD +/- 91-105% FTP 3 x 4 min efforts as rotate 15 secs hard @ 8-9/10 15 secs easy @ 2/10 5 min rest between @ 2/10 *Add 1 min each week 3 x 5 min / 3 x 6 min ADV = 2 hr INT = 1 ½ hrs / 2 x 4 min FTP	ENDURANCE RIDE Z2 on easy consistent terrain Keeping the effort in a range of 4.5-6.5/10 effort Z2 Endurance Ride 56-75%FTP 2 ½ -3 hrs	MAX POWER EFFORTS 2 sets 5 x 45 secs hard @ 121-150% FTP @ 10/10 1:15 min @ 2/10 EASY 5 min easy between @ 2/10. *2nd and 3rd weeks add a n effort to e ach set 6 x 7 x 45 sec 2-2 ½ hrs ADV = 1 ½ hrs INT = 1 hr/ 1 set 4 x 45 secs	ACTIVE RECOVERY STRETCH/CORE W MAGGIE https://www.youtube.com/watch?v=tRVDplN3Rzg&t=50s	RIDE TEMPO BUILD AT THE FINISH Climb / TT effort 30 mins .Ride progressively harder to the top (of climb) or through the TT Start at Tempo @ 7/10 @76-90% FTP to 10 mins to go Push up to 7.5-8/10 and if you have a bit extra 8+/10 for last 2-3 mins ADV = 2-2 ½ hrs INT = 2 hrs / 20 min tempo	ENDURANCE RIDE Z2 RIDE with flow of terrain no aggressive climbs ADV = 3 ½ to 4 ½ hrs INT = 3-4 hrs
Week 9	3	4	5	6	7	8	9
EASIER WEEK Aug 3-9	OFF	ACTIVE RECOVERY CAN BE OFF	PACE CHANGE efforts at THRESHOLD +/- 91-105% FTP 3 x 5 min efforts as rotate 15 secs hard @ 8-9/10 15 secs easy @ 2/10 5 min rest between @ 2/10 ADV = 2 hr INT = 1 ½ hrs / 2 x 5 min FTP	ENDURANCE RIDE Z2 on easy consistent terrain Keeping the effort in a range of 4.5-6.5/10 effort Z2 Endurance Ride 56-75%FTP 2- 2 ½ hrs	ACTIVE RECOVERY CAN BE OFF STRETCH WITH MAGGIE https://www.youtube.com/watch?v=h3vxfnOkFPA	RIDE TEMPO 1 x 20 mins at 7-7.5/10 Tempo effort. Flatter terrain ADV = 2 hrs INT = 2 hrs / 1 x 15 mins	ENDURANCE RIDE FUN RIDE WHATEVER YOU WANT 2 – 3 hrs
Tour de Vic	10	11	12	13	14	15	16
August 10-16	OFF	ENDURANCE RIDE Z2 on easy consistent terrain Keeping the effort in a range of 4.5-6.5/10 effort Z2 Endurance Ride 56-75%FTP	MAX POWER EFFORTS 5 x 30 secs hard @ 9/10 /90secs @ 2/10 1 ½ -2 hrs	OFF	EASY RIDE with short accels for 15-30 secs x 5 1 hr	TOUR DE VICTORIA	ENJOY YOUR ACCOMPLISHMENT!!

		1 ½ hrs	ADV = 1 ½ hrs INT = 1 hr/ 1 set 4 x 30 secs				

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 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 a,b,c

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 & REST

Any activity or cross train that is low intensity and gets your blood flowing. **2-3/10 PEI <50% FTP**

REST hard work gets to take affect