



## CORTOFONDO (51 KM) 10-WEEK TRAINING PROGRAM

Week	Description of Week & Reminders	Long Ride	Intervals/Intensity	Hill Climb Effort	Recovery Ride
<b>1</b> July 12 – July 18	- 4 rides this week	45km <b>[7/10]</b>	Pyramid: 5 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long &amp; steady:</u> 8 X 2 min <b>[8/10]</b> w/ 120 sec recovery	30 km <b>[4/10]</b>
<b>2</b> July 19 – July 25	<u>*Big mileage week</u> - 5 rides this week	50km <b>[7/10]</b>	<u>Bursts:</u> 12 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long + short:</u> 8 * (4-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	2 days @ 30 km <b>[4/10]</b>
<b>3</b> July 26 – Aug 1	<u>*Recovery week</u> - 3 rides this week	20km <b>[5/10]</b>	<u>Bursts:</u> 6 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>		15 km <b>[4/10]</b>
<b>4</b> Aug 2 – Aug 8	- 4 rides this week	50km <b>[7/10]</b>	<u>Intensity progression:</u> 6 * (start out at <b>[6/10]</b> for 2-min, then <b>[7/10]</b> for 2-min, <b>[8/10]</b> for 2-min, <b>[9/10]</b> for 1-min & <b>[10/10]</b> 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 30-40 min sustained effort <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km <b>[4/10]</b>
<b>5</b> Aug 9 – Aug 15	- 4-5 rides this week	55km <b>[7/10]</b>	Pyramid: 8 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long &amp; steady:</u> 8 X 2 min <b>[8/10]</b> w/ 120 sec recovery	35km <b>[4/10]</b> (If you’re feeling good, consider another 50 km recovery ride)



<b>6</b> Aug 16 – Aug 22	<u>*Big mileage week</u> - 5 rides this week	55km <b>[7/10]</b>	<u>Bursts:</u> 14 X 120 sec bursts <b>[9/10]</b> 180 sec recovery between each <b>[2/10]</b>	<u>Long + short:</u> 7 * (5-min long climb <b>[7/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	2 days @ 30 km <b>[4/10]</b>
<b>7</b> Aug 23 – Aug 29	<u>*Recovery week</u> - 3 rides this week	25km <b>[5/10]</b>	<u>Bursts:</u> 6 X 120 sec bursts <b>[8/10]</b> 180 sec recovery between each <b>[2/10]</b>		15 km <b>[4/10]</b>
<b>8</b> Aug 30 – Sept 5	- 5 rides this week	50km <b>[6/10]</b>	<u>Intensity progression:</u> 7 * (start out at <b>[6/10]</b> for 2-min, then <b>[7/10]</b> for 2-min, <b>[8/10]</b> for 2-min, <b>[9/10]</b> for 1-min & <b>[10/10]</b> 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 2 days @ 40-50 min sustained effort <b>[10/10]</b> . Use “Long & Steady” day if you can’t locate a long hill/mtn	25 km <b>[4/10]</b>
<b>9</b> Sept 6 - Sept 12	<u>*Penultimate week</u> - Most riders undertrain for the hills, so focus on the hill climb efforts this week - 4 rides this week	45km <b>[6/10]</b>	<u>Pyramid:</u> 8 * (30-sec [:30 rest] + 60-sec [:30 rest] + 90-sec + [:30 rest] 120-sec [:30 rest] + 90-sec [:30 rest] + 60-sec [:30 rest] + 30-sec) w/ 2-min recovery between each set	<u>Long + short:</u> 7 * (4-min long climb <b>[8/10]</b> + 1-min recovery (ride down) + 1-min short climb <b>[10/10]</b> ) w/ 2-min recovery between each set	25 km <b>[4/10]</b>
<b>10</b> Sept 13 – Sept 19 [FONDO DAY]	<u>*Final Week Preparation</u> - 3-4 rides this week - Keep intensity high, and duration low	<b>Cortofondo (51 km) [10/10]</b>	<u>Bursts:</u> 18 X 60 sec bursts <b>[9/10]</b> as part of a longer recovery ride (~40km) mid-week		Recovery ride (~20km) with bursts embedded in ride. Consider two of these rides this week

**Notes:**

- **[X/10]** relates to perceived exertion. For those with power metres, you should be able to match these values up with power ranges.
- Much of this work can be done on a trainer or outdoors.
- On a given week, if you’re stretched for time, you can either skip your recovery ride(s) or fit in your interval/intensity efforts within your recovery rides.
- For interval/intensity efforts, it’s best to perform these rides on uninterrupted routes – either flat or rolling terrain.