



MEDIOFONDO (99 KM) 10-WEEK TRAINING PROGRAM

Week	Description of Week & Reminders	Long Ride	Intervals/Intensity	Hill Climb Effort	Recovery Ride
1 July 12 – July 18	- 4 rides this week	70km [7/10]	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 & steady:</u> 8 X 2 min [8/10] w/ 120 sec recovery	30 km [4/10]
2 July 19 – July 25	<u>*Big mileage week</u> - 5 rides this week	75km [7/10]	<u>Bursts:</u> 12 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 8 * (4-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	2 days @ 30 km [4/10]
3 July 26 – Aug 1	<u>*Recovery week</u> - 3 rides this week	60km [5/10]	<u>Bursts:</u> 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]		20 km [4/10]
4 Aug 2 – Aug 8	- 4 rides this week	80km [7/10]	<u>Intensity progression:</u> 6 * (start out at [6/10] for 2-min, then [7/10] for 2-min, [8/10] for 2-min, [9/10] for 1-min & [10/10] 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 30-40 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	30 km [4/10]
5 Aug 9 – Aug 15	- 4-5 rides this week	90km [7/10]	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 & steady:</u> 8 X 2 min [8/10] w/ 120 sec recovery	35km [4/10] (If you’re feeling good, consider another 50 km recovery ride)



6 Aug 16 – Aug 22	<u>*Big mileage week</u> - 5 rides this week	95km [7/10]	<u>Bursts:</u> 14 X 120 sec bursts [9/10] 180 sec recovery between each [2/10]	<u>Long + short:</u> 7 * (5-min long climb [7/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	2 days @ 30 km [4/10]
7 Aug 23 – Aug 29	<u>*Recovery week</u> - 3 rides this week	90km [5/10]	<u>Bursts:</u> 6 X 120 sec bursts [8/10] 180 sec recovery between each [2/10]		20 km [4/10]
8 Aug 30 – Sept 5	- 5 rides this week	80km [6/10]	<u>Intensity progression:</u> 7 * (start out at [6/10] for 2-min, then [7/10] for 2-min, [8/10] for 2-min, [9/10] for 1-min & [10/10] 30-sec) w/ 2-min recovery between each set	<u>Long climb:</u> 2 days @ 40-50 min sustained effort [10/10] . Use “Long & Steady” day if you can’t locate a long hill/mtn	35 km [4/10]
9 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	75km [6/10]	<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 [8/10] + 1-min recovery (ride down) + 1-min short climb [10/10]) w/ 2-min recovery between each set	35 km [4/10]
10 Sept 13 – Sept 19 [FONDO DAY]	<u>*Final Week Preparation</u> - 3-4 rides this week - Keep intensity high, and duration low	Mediofondo (92km) [10/10]	<u>Bursts:</u> 18 X 60 sec bursts [9/10] as part of a longer recovery ride (~40km) mid-week		Recovery ride (~40km) with bursts embedded in ride. Consider two of these rides this week

Notes:

- **[X/10]** relates to perceived exertion. For those with power meters, 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.