

Date	Training
Thursday 05/02	Late arrival, easy training at home
Friday 06/02	<p><u>2 groups. 240' endurance training on hilly circuit</u></p> <p>Power zone tempo endurance – block training maximum uphill. Cadance always + 80 rpm</p>
Saturday 07/02	<p><u>Group 1: 240' endurance training with 3x2K lead outs</u></p> <p>Warm up: 6x10" max sprint – 50" recovery            After 60K, 3x2 K Lead out. Return after every lead out            Second part of the training, 1x30' quick turning in group at 40 - 45 km/h</p> <p><u>Group 2: 240' climb training with tempo uphill</u></p> <p>After 60K, 3x15' tempo uphill (return after every 15')</p> <ul style="list-style-type: none"> <li>➤ 15' @ zone block training with every first 20" of each minute increase in cadence to +110 rpm (so lowering gear, increase cadence)</li> <li>➤ 15' with 7x (1' VO2 Max power – 1' easy)</li> <li>➤ 15' extensive interval (threshold power)</li> </ul>
Sunday 08/02	<p><u>2 groups. 240' endurance training on flat circuit</u></p> <p>Easy ride, feeling is always comfortable</p>
Monday 09/02	<p><u>All: 60 à 90' recovery ride</u></p>
Tuesday 10/02	<p><u>2 groups. 270' endurance training with explosive sprints and strength blocks</u></p> <p>After 60K, 4x max sprint with 2 riders. Pilot pulls until 50-55 km/h, sprinter comes out for 10". Change pilot-sprinter after each sprint</p> <p>Second part of the training uphill with 5x4' strength blocks @ 50-60 rpm zone block training</p>

Wednesday 11/02	<p><u>Group 1 (300') and group 2 (240') endurance training on hilly circuit</u></p> <p>Power zone tempo endurance, max zone block uphill</p>
Thursday 12/02	<p><u>All: 60 à 90' recovery ride</u></p>
Friday 13/02	<p><u>Group 1+ 2: 270' endurance ride on hilly circuit</u></p> <p>After 60K, 6x10/50 and 6x20/40</p> <p>6 x 10" max sprint – 50" recovery directly followed by 6x 20" VO2 max power – 40" recovery. Second part of the training, 5x4' strength block at 50-60 rpm zone block training</p>
Saturday 14/02	<p><u>Group 1+2: 180 à 210' easy endurance training on relatively flat circuit</u></p> <p>Easy ride, feeling is always comfortable</p>
Sunday 15/02	<p><u>Group 1 (300') and group 2 (240') endurance training on hilly circuit</u></p> <p>Power zone block training uphill. Cadance always + 80 rpm</p>
Monday 16/02	<p><u>All groups: 60 à 90' recovery ride</u></p>
Tuesday 17/02	<p><u>240' endurance training with 10' field test uphill after a good warm up</u></p> <p>10' test: try to finish as hard as possible*</p> <p>Rest of the training, zone block uphill. Cadance always + 80 rpm</p> <p>*send training file to <a href="mailto:wim.vanhoolst@energylab.be">wim.vanhoolst@energylab.be</a> for result + new training zones</p>
Wednesday 18/02	<p><u>All groups: 300' endurance training</u></p> <p>Power zone block training uphill. Cadance always + 80 rpm. Last hour, 1x30' quick turning in small groups of 5-6 riders at 45 – 50 km/h</p>
Thursday 19/02	<p><u>Rest day or 90' recovery</u></p>