

# TRAINING PLAN GIBLI



# TRAINING PLAN GHIBLI



WEEK 1 FROM 4 TO 10 APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1,5		1		2,5	
TYPE		ROAD / FLAT TERRAIN		HOME TRAINER		ROAD / CLIMBS	
		As long as you can within Z2 / Flat terrain, avoid hard climbs / Cadence 80-90 rpm		As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm		Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 2-3) within Z3, each climb approx 15'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3	



# TRAINING PLAN GHIBLI



**WEEK 2 FROM 11 TO 17 APRIL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)	1	1,5		1		2,5	
TYPE	HOME TRAINER	ROAD / FLAT TERRAIN		HOME TRAINER		ROAD / CLIMBS	
	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in a medium or high range of Z3, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>	<p>As long as you can within Z2 / Flat terrain, avoid hard climbs / Cadence 80-90 rpm</p>		<p>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>		<p>Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 2-3) within Z3, each climb approx 15'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3</p>	



# TRAINING PLAN GHIBLI



**WEEK 3 FROM 18 TO 24 APRIL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		1	1,5	2,5	
TYPE		HOME TRAINER		HOME TRAINER	ROAD / FLAT TERRAIN	ROAD / CLIMBS	
		<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in a medium or high range of Z3, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>		<p>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>	<p>As long as you can within Z2 / Flat terrain, avoid hard climbs / Cadence 80-90 rpm</p>	<p>Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 3-5) within Z3, each climb approx 15'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3</p>	



# TRAINING PLAN GHIBLI



WEEK 4 FROM 25 TO 1 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1,5		1	1	2,5	
TYPE		ROAD / FLAT + INTERVAL		HOME TRAINER	HOME TRAINER	ROAD / CLIMBS	
		<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; ride in Z2 + 3 intervals x 10' in a high range of Z3, flat terrain, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>		<p>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in a medium or high range of Z3, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>	<p>Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 3-5) within Z4, each climb approx 15'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3</p>	



# TRAINING PLAN GHIBLI



WEEK 5 FROM 2 TO 8 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		1		2	
TYPE		ROAD / FLAT TERRAIN		HOME TRAINER		ROAD / CLIMBS	
		As long as you can within Z2 / Flat terrain, avoid hard climbs / Cadence 80-90 rpm		As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm		Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 2-3) within Z3, each climb approx 15'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3	



# TRAINING PLAN GHIBLI



WEEK 6 FROM 9 TO 15 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)	1			1	1	3	
TYPE	ROAD / FLAT + INTERVAL			HOME TRAINER	HOME TRAINER	ROAD / CLIMBS	
	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; ride in Z2 + 4 intervals x 10' in a high range of Z4, flat terrain, cadence 90-100 rpm, 3' rec within Z1-2 / Remainder, ride within Z1-2</p>			<p>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in a medium or high range of Z3, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>	<p>Warm up, riding on the flat in Z1-2, minimum for 20-30'. / Main part of the session, ride a climb (20' minimum) alternating 5' within Z5 and 2' rec within Z2. Free cadence. / For the remainder, riding on the flat within Z1-2-3</p>	



# TRAINING PLAN GHIBLI



**WEEK 7 FROM 16 TO 22 MAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		1	1	3	
TYPE		ROAD / FLAT + INTERVAL		HOME TRAINER	HOME TRAINER	ROAD / CLIMBS	
		<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; ride in Z2 + 3 intervals x 10' in a high range of 4, flat terrain, cadence 90-100 rpm, 3' rec within Z1-2 / Remainder, ride within Z1-2</p>		<p>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in a medium or high range of Z3, cadence 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2</p>	<p>Warm up, riding on the flat in Z1-2, minimum for 20-30'. / Main part of the session, ride a climb (20' minimum) alternating 5' within Z5 and 2' rec within Z2. Free cadence. / For the remainder, riding on the flat within Z1-2-3</p>	





# TRAINING PLAN GHIBLI



WEEK 8 FROM 23 TO 29 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		1		2	
TYPE		ROAD / FLAT		HOME TRAINER		ROAD / CLIMB	
		As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm		As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm		Warm up, riding on the flat in Z1-2, minimum for 20-30'. / Main part of the session, ride a climb (20' minimum) within Z4. Free cadence. / For the remainder, riding on the flat within Z1-2-3	

