

TRAINING PLAN

GRANTURISMO



PARIS  
MODENA

# TRAINING PLAN GRANTURISMO



**WEEK 1 FROM 4 TO 10 APRIL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DURATION (H)</b>		2		1	2	3,5	
<b>TYPE</b>		ROAD / FLAT TERRAIN		HOME TRAINER	ROAD / FLAT + CLIMB	ROAD / CLIMBS	
		As long as you can within Z2 / Flat terrain, avoid hard climbs / Cadence 80-90 rpm		Warm up for 15' approx within Z1-2 / Main part of the session; 3 intervals x 10' in high range of Z3, 90-100 rpm, 5' rec within Z1-2 / Remainder, ride within Z1-2	As long as you can within Z2 / Flat terrain + climb at the last hour, riding within Z3-4	Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride various climbs (between 3-4) 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	



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**WEEK 2 FROM 11 TO 17 APRIL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)	1	2		1		3,5	2
TYPE	HOME TRAINER	ROAD / FLAT TERRAIN		HOME TRAINER		ROAD / CLIMBS	ROAD / FLAT TERRAIN
	<p>Warm up for 15' 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>Warm up for 15-20' approx within Z1-2 / Main part of the session; 3 intervals x 10' in high range of Z3, 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 3-4) 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>	<p>As long as you can within Z2 / Flat terrain + climb at the last hour, riding within Z3-4</p>



# TRAINING PLAN GRANTURISMO



WEEK 3 FROM 18 TO 24 APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1	2,5	1		3	2,5
TYPE		HOME TRAINER	ROAD / FLAT TERRAIN	HOME TRAINER		ROAD / FREE	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>Warm up for 15' minimum, riding on the flat in Z1-2 / Main part of the session, 6 intervals x 5' within Z4 / 3' rec 90-100 rpm / ride within Z1-2</p>		<p>Ride without specific rules / No stops</p>	<p>Warm up for 20-30' minimum, riding on the flat in Z1-2 / Main part of the session, ride 4 climbs within Z4, each climb approx 15-20'. 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 GRANTURISMO



WEEK 4 FROM 25 TO 1 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		2,5	1	3,5	3
TYPE		HOME TRAINER		ROAD / FLAT TERRAIN	HOME TRAINER	ROAD / CLIMBS	ROAD / FREE
		<p>Warm up for 15' approx within Z1-2 / Main part of the session; 4 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>Warm up for 15' 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 4 climbs within Z4, each climb approx 15-20'. Seated with a 75-85 cadence. Locate a climb within close proximity / For the remainder, riding on the flat within Z1-2-3</p>	<p>Ride without specific rules / No stops</p>



# TRAINING PLAN GRANTURISMO



WEEK 5

FROM 2 TO 8 MAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1		1		3	
TYPE		ROAD / FLAT TERRAIN		HOME TRAINER		ROAD / FREE	
		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		Ride without specific rules / No stops	



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**WEEK 6 FROM 9 TO 15 MAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DURATION (H)</b>	2	1		1	1	3	3
<b>TYPE</b>	ROAD / FLAT + INTERVAL	HOME TRAINER		HOME TRAINER	HOME TRAINER	ROAD / CLIMBS	ROAD / FREE
	<p>Warm up for 15-20' approx within Z1-2 / Main part of the session; ride in Z2 + 5 intervals x 5' within Z5, 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>As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm</p>	<p>Warm up for 15' 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 2 climbs (15' minimum each) alternating 3' riding fullgas and 1' rec within Z2. Free cadence. / For the remainder, riding on the flat within Z1-2-3</p>	<p>Ride without specific rules / No stops</p>



# TRAINING PLAN GRANTURISMO



**WEEK 7 FROM 16 TO 22 MAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DURATION (H)		1	2		1	3	3
TYPE		ROAD / FLAT + INTERVAL	ROAD / FLAT TERRAIN		HOME TRAINER	ROAD / CLIMBS	ROAD / FREE
		Warm up for 15-20' approx within Z1-2 / Main part of the session; ride in Z2 + 5 intervals x 5' within Z5, flat terrain, cadence 90-100 rpm, 3' rec within Z1-2 / Remainder, ride within Z1-2	As long as you can within Z2 / Constant Pace / Cadence: 80-90 rpm		Warm up for 15' 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	Warm up, riding on the flat in Z1-2, minimum for 20-30'. / Main part of the session, ride 2 climbs (15' minimum each) alternating 3' riding fullgas and 1' rec within Z2. Free cadence. / For the remainder, riding on the flat within Z1-2-3	Ride without specific rules / No stops





# TRAINING PLAN GRANTURISMO



**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	

