

# Beginner Training Plan

# Welcome

Hello everyone,

Welcome to training with Cigala cycling.

I'm glad you have chosen me to help you get fitter for Wicklow200.

My goal is not just to make you stronger but also to provide a fun experience in the next 12 weeks along with giving you some of my best advice for on and off the bike.

In the next 12 weeks, we will focus on different areas of training to ensure on the event day, you will be ready. We will increase volume and intensity gradually.

I am here to help achieve your goals using the latest cutting-edge technology, science and support blended with my 25+ years experience in the sport, between racing all my life and coaching for over a decade thousands of athletes from different disciplines.

I am a perfectionist and obsessed by performance by nature. My experience in coaching goes beyond science and books; it is taken to the next level by having a full understanding of the physical and physiological aspects of being an athlete.

If at any time, you wish a personalised training plan or simply have any questions, please don't hesitate to contact me, I am always happy to help.

#TrainSmarterRideFaster

Safe cycling,

Matteo Cigala  
Head Coach at Cigala Cycling



# WEEK 1

<b>Monday</b>	<b>Rest Day</b>		<a href="#">Link</a>
<b>Tuesday</b> 53m	15 min 3 min 5 min Recovery 20 min Test 10 min Cool Down  After that, set your zones  For Heart Rate (HR) take the 20 min avg heart rate, decrease the result by 5%. This is your FTTHR. Enter the number in the appropriate section in the link. For power, you can simply enter your avg power. After that, remember to write down your training zones.	@ 90-100 RPM progressive warm up effort at 80% @ 80-90 RPM @ 90-100 RPM 100% @ free cadence @ 90-100 RPM	<a href="#">Link</a>
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17		
<b>Thursday</b> 41m	10 min 3x5 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 80-90 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
<b>Friday</b> 45m	<b>Rest Day</b>		
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM	
<b>Sunday</b> 2h 4m	45 min 3x8 min Zone 3, alternating - 1 min - 1 min 5 min recovery in between sets 45 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  @ 60-70 RPM @ 90-100 RPM @ 90-100 RPM @ 90-100 RPM	

# WEEK 2

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
52m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, alternating  
- 1min Zone 5  
- 1 min Zone 1  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ free cadence (10min recovery in between sets @ 90-100 RPM)  
  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
41m

10 min  
2x8 min Zone 3  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
2h 10m

45 min  
2x15 min Zone 3 Piramidal  
  
45 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (10 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

# WEEK 3

<b>Monday</b>	<b>Rest Day</b>	<a href="#">Link</a>
<b>Tuesday</b> 48m	10 min 3 min Zone 4 3 min Zone 1 2x6 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (10 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5  @ 90-100 RPM
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17	
<b>Thursday</b> 41m	10 min 3x6 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM
<b>Friday</b> 45m	<b>Core Exercises</b> 18-37	
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM
<b>Sunday</b> 2h 34m	60 min 3x8 min Zone 3, alternating - 1 min - 1 min 60 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  @ 60-70 RPM @ 90-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM

# WEEK 4

<b>Monday</b>	<b>Rest Day</b>	<a href="#">Link</a>
<b>Tuesday</b> 51m	10 min 3 min Zone 4 3 min Zone 1 2x10 min alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM)  @ 90-100 RPM
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17	
<b>Thursday</b> 55m	10 min 2x15 min Zone 3 Piramidal  10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM
<b>Friday</b> 45m	<b>Core Exercises</b> 18-37	
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM
<b>Sunday</b> 2h	<b>Endurance Ride</b> Zone 2 Include 10 min Zone 3	@ 90-100 RPM @ 80-90 RPM on FLAT

# WEEK 5

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
47m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, alternating  
- 30 sec Zone 5  
- 30 sec Zone 1  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ free cadence (5 min recovery in between sets @ 90-100 RPM)  
if using power on this session is Zone 6, not Zone 5  
  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
44m

10 min  
3x6 min Zone 3  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
3h

**Endurance Ride**  
Zone 2  
Include 10 min Zone 3

@ 90-100 RPM  
@ 80-90 RPM on CLIMB

# WEEK 6

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
42m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min High Zone 3 / Low Zone 4  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
37m

10 min  
3 min Zone 4  
3 min Zone 1  
2x sets of 3 consecutive sprints  
(10 secs sprint – 50 secs recovery)  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ 90-100 RPM  
5 min recovery in between sets  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
3h

**Endurance Ride**  
Zone 2  
Include 2x SFR

@ 90-100 RPM  
On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM  
Recovery between each SFR 5 min



# WEEK 7

<b>Monday</b>	<b>Rest Day</b>		<a href="#">Link</a>
<b>Tuesday</b> 47m	10 min 3 min Zone 4 3 min Zone 1 2x8min, alternating - 30 secs High Zone 4 and - 1 min 30 secs Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-90 RPM (5 min recovery in between sets @ 90-100 RPM)  @ 90-100 RPM	
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17		
<b>Thursday</b> 44m	10 min 3x6 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
<b>Friday</b> 45m	<b>Core Exercises</b> 18-37		
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM	
<b>Sunday</b> 3h 30m	<b>Endurance Ride</b> Zone 2  Include 2x8 min Zone 3	@ 90-100 RPM Aim 1000mt elevation gain @ 80-90 RPM on CLIMB alternating 1 min seated and 1 min out of the saddle	

# WEEK 8

<b>Monday</b>	<b>Rest Day</b>	<a href="#">Link</a>
<b>Tuesday</b> 54m	10 min 3 min Zone 4 3 min Zone 1 3x6 min High Zone 3 / Low Zone 4  10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM First set @ 60-65 RPM Second set @ 75-80 RPM Third set @ 95-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17	
<b>Thursday</b> 48m	10 min 3x6 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM
<b>Friday</b> 45m	<b>Core Exercises</b> 18-37	
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM
<b>Sunday</b> 3h 30m	<b>Endurance Ride</b> Zone 2 Include 3x SFR	@ 90-100 RPM On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min

# WEEK 9

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
54m

10 min  
3 min Zone 4  
3 min Zone 1  
3x6 min High Zone 3 / Low Zone 4  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
37m

10 min  
3 min Zone 4  
3 min Zone 1  
2x sets of 3 consecutive sprints  
10 secs sprint – 50 secs recovery  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ 90-100 RPM  
5 min recovery in between sets  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
3h 30m

**Endurance Ride**  
Zone 2  
  
Climbs at Zone 3

@ 90-100 RPM  
Aim 1000mt elevation gain  
@ 80-90 RPM

# WEEK 10

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
51m

10 min  
3 min Zone 4  
3 min Zone 1  
2x10 min, alternating  
- 1 min Zone 5  
- 1 min Zone 1  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ free cadence (5 min recovery in between sets @90-100 RPM)  
  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
48m

10 min  
3x6 min Zone 3  
  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 100-110 RPM  
(5 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
4h

**Endurance Ride**  
Zone 2  
Include 3x SFR

@ 90-100 RPM  
On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM)  
Recovery between each SFR 5 min

# WEEK 11

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
47m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, alternating  
- 30 sec Zone 5  
- 30 sec Zone 1  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
@ free cadence (5 min recovery in between sets @ 90-100 RPM)  
if using power on this session is Zone 6, not Zone 5  
  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
44m

10 min  
3x6 min Zone 3  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM)  
@ 90-100 RPM

**Friday**  
45m

**Core Exercises**  
18-37

**Saturday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
4h

**Endurance Ride**  
Zone 2  
  
Climbs at Zone 3

@ 90-100 RPM  
Aim 1000mt elevation gain  
@ 80-90 RPM

# WEEK 12

**Monday**

Rest Day

[Link](#)

**Tuesday**

60m

Active Recovery Ride

**Wednesday**

47m

10 min

3 min Zone 4

3 min Zone 1

2x8 min, alternating

- 30 sec High Zone 5

- 1min 30 sec Zone 3

10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3

@ 90 RPM

@ 100-110 RPM

@ 85-90 RPM (5 min recovery in between sets @ 90-100 RPM)

@ 90-100 RPM

**Thursday**

60m

Active Recovery Ride

Zone 2

@ 90-100 RPM

**Friday**

45m

Stretching Exercises

1-17

**Saturday**

60m

Optional Active Recovery Ride

Zone 2

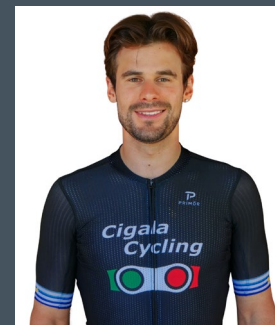
@ 90-100 RPM

Include 2x10 seconds activation bursts (sprint at 80% at high cadence)

**Sunday**

Wicklow200

Wicklow 200 **W**→



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