

Intermediate 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

Monday	Rest Day		Link
Tuesday 55m	15 min 5 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 at the link below. 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	Link
Wednesday 45m	Stretching Exercises 1-17		
Thursday 49m	10 min 4x5 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	
Friday 45m	Core Exercises 18-37		
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 2h 23m	50 min 4x8 min Zone 3, alternating - 1 min - 1 min 50 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 2

Monday	Rest Day	Link
Tuesday 56m	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 (10 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM
Wednesday 45m	Stretching Exercises 1-17	
Thursday 54m	10 min 3x8 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 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM
Sunday 2h 40m	60 min 2x15 min Zone 3 Piramidal 60 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

Monday	Rest Day		Link
Tuesday 52m	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 (10 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 60m	10 min 3x10 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 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 2h 47m	60 min 4x8 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

Monday	Rest Day	Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 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
Wednesday 45m	Stretching Exercises 1-17	
Thursday 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
Friday 45m	Core Exercises 18-37	
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM
Sunday 3h 30m	Endurance Ride Zone 2 Include 2x8 min Zone 3	@ 90-100 RPM @ 80-90 RPM on FLAT

WEEK 5

Monday

Rest Day

[Link](#)

Tuesday
54m

10 min
3 min Zone 4
3 min Zone 1
3x6 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
49m

10 min
4x5 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 30m

Endurance Ride
Zone 2
Include 2x10 min Zone 3

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

WEEK 6

Monday

Rest Day

[Link](#)

Tuesday
60m

10 min
3 min Zone 4
3 min Zone 1
3x8 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
45m

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

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 90 RPM
@ 100-110 RPM
@ 90-100 RPM

@ 90-100 RPM

Friday
45m

Core Exercises
18-37

Saturday
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h

Endurance Ride
Zone 2
Include 4x 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

Monday

Rest Day

[Link](#)

Tuesday
60m

10 min
3 min Zone 4
3 min Zone 1
3x8min, alternating
- 30 secs High Zone 4
- 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

Wednesday
45m

Stretching Exercises
1-17

Thursday
49m

10 min
4x5 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h

Endurance Ride
Zone 2

Include 3x10 min Zone 3, alternating
- 1 min seated
- 1 min out of the saddle

@ 90-100 RPM
Aim 1500mt elevation gain
@ 80-90 RPM on CLIMB

WEEK 8

Monday	Rest Day	Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 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
Wednesday 45m	Stretching Exercises 1-17	
Thursday 45m	10 min 3 min Zone 4 3 min Zone 1 3x sets of 3 consecutive sprints (10 secs sprint – 50 secs recovery) 5 min recovery in between sets 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM @ 90-100 RPM
Friday 45m	Core Exercises 18-37	
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM
Sunday 4h	Endurance Ride Zone 2 Include 5x 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
60m

10 min
3 min Zone 4
3 min Zone 1
3x8 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
45m

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

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 90 RPM
@ 100-110 RPM
@ 90-100 RPM

@ 90-100 RPM

Friday
45m

Core Exercises
18-37

Saturday
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
5h

Endurance Ride
Zone 2

Climbs at Zone 3

@ 90-100 RPM
Aim 2000mt elevation gain
@ 80-90 RPM

WEEK 10

Monday	Rest Day	Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 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
Wednesday 45m	Stretching Exercises 1-17	
Thursday 55m	10 min 3x8 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 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM
Sunday 5h	Endurance Ride Zone 2 Include 5x 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
54m

10 min
3 min Zone 4
3 min Zone 1
3x6 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
54m

10 min
4x5 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h

Endurance Ride
Zone 2

Climbs at Zone 3

@ 90-100 RPM
Aim 2000mt elevation gain
@ 80-90 RPM

WEEK 12

Monday

Rest Day

[Link](#)

Tuesday
60m

Active Recovery Ride
Zone 2

@ 90-100 RPM

Wednesday
51m

10 min
3 min Zone 4
3 min Zone 1
2x10 min, alternating
- 30 sec High Zone 4
- 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

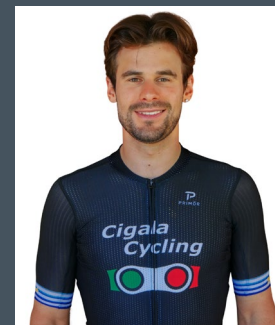
Optional Active Recovery Ride
Zone 2

@ 90-100 RPM
include 3x10 seconds activation bursts (sprint at 80% at high cadence)

Sunday

Wicklow200

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Created By

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