

6-Week Cycling Training Plan

Focus: Build endurance, strength, and speed for 25 km, 50 km, and 100 km races with structured rest and variety.



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@MaxpowerPT

Training Schedule Overview

- **2 Full Rest Days:** Mondays & Fridays
- **1 Active Recovery Day:** Wednesdays (light movement to promote recovery)
- **3 Main Training Days:** Strength & endurance-focused workouts
- **1 Long Ride or Cross-Training Day:** Saturdays

Why This Training Plan Is Effective:

- ✓ **2 Full Rest Days** for proper recovery
- ✓ **Active Recovery Mid-Week** to prevent fatigue
- ✓ **Strength Training to improve Power & Endurance**
- ✓ **Varied Cardio** (cycling, running, swimming, rowing) To keep training engaging

Maximise Your Potential with Me – MaxPower PT! 💪🔥

Ready to take your training and fitness to the next level? Whether you're training for a race, building strength, or just looking to feel your best, I've got the plan to get you there!

- ✓ Custom Training Plans, As Well As 1-1 Coaching
- ✓ Specialised Nutrition Plans
- ✓ Expert Guidance & Support

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Workout A (Legs & Core - Tuesday)

Exercise:	Rep Range:	Instructions:
Goblet Squat	3x10	Hold a dumbbell, squat down, keep back straight, stand up.
Romanian Deadlifts	3x10	Hinge at hips, lower dumbbells along legs, return to standing.
Step-Ups	3x8 per leg	Step onto a box, push through the heel, step down.
Plank Hold	3x30 sec	Keep core engaged, straight body line.
Calf Raises	3x15	Rise onto toes, hold briefly, lower slowly.

Workout B (Full-Body & Power - Thursday)

Exercise	Rep Range:	Instructions:
Dumbbell Lunges	3x8 per leg	Step forward, lower knee to 90°, return to standing.
Glute Bridge	3x12	Push hips up, squeeze glutes, lower slowly.
Push-Ups (Knee or Standard)	3x10	Keep body straight, lower chest to the floor, push up.
Russian Twists	3x20 (10 per side)	Twist side to side while seated, engaging core.
Dead Bug (Core Stability)	3x10 per side	Lie on back, extend opposite arm/leg, keep core tight.

Cardio & Cross-Training Alternatives

To add variety, use different cardio options throughout the week:

Cardio Type:	Duration:	Intensity:
Cycling (Road or Indoor Trainer)	45-120 min	Varies
Swimming	30-45 min	Steady effort
Rowing Machine	20-30 min	High effort
Jump Rope	15 min	Short bursts
Running or Hiking	30-60 min	Moderate pace
HIIT Circuit (Bodyweight)	20 min	High intensity

6-Week Training Block with Rest Days

Weeks 1-2 (Base Building & Strength Focus)

- **Monday: Rest Day**
- **Tuesday: Strength Workout A + Short Ride (45 min moderate)**
- **Wednesday: Active Recovery** (Swimming, light yoga, or 30-min easy ride)
- **Thursday: Strength Workout B + Interval Ride (5x3-min bursts)**
- **Friday: Rest Day**
- **Saturday: Long Ride (70-80 km) OR Hike (1-2 hours)**
- **Sunday: Endurance Ride (50 km steady) OR Rowing Machine (30 min steady)**

Weeks 3-4 (Increase Intensity & Volume)

- **Monday: Rest Day**
- **Tuesday: Strength Workout A + Hill Repeats (5x3-min climbs)**
- **Wednesday: Active Recovery** (Easy ride, swim, or stretching)
- **Thursday: Strength Workout B + 60-min Tempo Ride**
- **Friday: Rest Day**
- **Saturday: Intervals – 6x4-min hard efforts OR Sprint Running Intervals**
- **Sunday: Long Ride – 80-90 km OR Rowing Machine (30-45 min)**

Weeks 5-6 (Race Simulation & Tapering)

- **Monday: Rest Day**
- **Tuesday: Strength Workout A + Short Race-Pace Ride (45 min)**
- **Wednesday: Active Recovery (Yoga, swimming, or a 30-min light ride)**
- **Thursday: Strength Workout B + 4x5-min Race-Pace Intervals**
- **Friday: Rest Day**
- **Saturday: Short, high-intensity ride (25-30 km at race pace)**
- **Sunday: Long Ride (100 km race simulation)**