

Le Loop 6 month/ 24 week training plan for a 3 stage, hilly Loop (or equivalent)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Rest day	Hill repeats with 5 min warm up & 5 min cool down (3 min effort, 5 min recovery spin, repeat x 5)	Rest day	50km long ride
Week 2	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Rest day	Intervals with 10 min warm up & 5 min cool down (2 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	50km long ride
Week 3	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Rest day	Hill repeats with 5 min warm up & 5 min cool down (3 min effort, 5 min recovery spin, repeat x 5)	Rest day	75km long ride
Week 4	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Rest day	Intervals with 10 min warm up & 5 min cool down (2 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	75km long ride
Week 5	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Rest day	Hill repeats with 5 min warm up & 5 min cool down (3 min effort, 5 min recovery spin, repeat x 5)	Rest day	100km long ride
Week 6	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Rest day	Intervals with 10 min warm up & 5 min cool down (2 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	100km long ride
Week 7	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Rest day	Hill repeats with 5 min warm up & 5 min cool down (3 min effort, 5 min recovery spin, repeat x 5)	Rest day	100km long ride
Week 8	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Rest day	Intervals with 10 min warm up & 5 min cool down (2 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	100km long ride
Week 9	Blank week: if you've missed a week due to injury, illness or life pressures, this is the buffer. Or, if you're on track, repeat one of the weeks above						
Week 10	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Hill repeats with 5 min warm up & 5 min cool down (4 min effort, 7 min recovery spin, repeat x 5)	Rest day	75km long ride	125km long ride
Week 11	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Intervals with 10 min warm up & 5 min cool down (3 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	Rest day	150km long ride
Week 12	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Hill repeats with 5 min warm up & 5 min cool down (4 min effort, 7 min recovery spin, repeat x 5)	Rest day	75km long ride	125km long ride
Week 13	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Intervals with 10 min warm up & 5 min cool down (3 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	Rest day	160km long ride
Week 14	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Hill repeats with 5 min warm up & 5 min cool down (4 min effort, 7 min recovery spin, repeat x 5)	Rest day	100km long ride	160km long ride
Week 15	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Intervals with 10 min warm up & 5 min cool down (3 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	Rest day	180km long ride
Week 16	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	Hill repeats with 5 min warm up & 5 min cool down (4 min effort, 7 min recovery spin, repeat x 5)	Rest day	100km long ride	160km long ride
Week 17	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	Intervals with 10 min warm up & 5 min cool down (3 min spinning 100rpm in as low a gear as necessary, 60 sec steady, repeat x 10)	Rest day	Rest day	180km long ride
Week 18	Blank week: if you've missed a week due to injury, illness or life pressures, this is the buffer. Or, if you're on track, repeat one of the weeks above						
Week 19	Rest day	2 hr steady pace outdoor ride	Cross train (eg. 45 min swim or run)	Choose a 1-2hr session from above or create your own with a specific focus	Rest day	100km long ride	180km long ride
Week 20	Rest day	2 hr steady pace outdoor ride	Strength training (yoga, pilates, body pump class or equivalent)	Choose a 1-2hr session from above or create your own with a specific focus	Rest day	Rest day	200km long ride
Week 21	Rest day	2 hr steady pace outdoor ride	Cross train (eg. 45 min swim or run)	Choose a 1-2hr session from above or create your own with a specific focus	Rest day	120km long ride	180km long ride
Week 22	Rest day	2 hr steady pace outdoor ride	Strength training (yoga, pilates, body pump class or equivalent)	Choose a 1-2hr session from above or create your own with a specific focus	Rest day	120km long ride	200km long ride
Week 23	Rest day	1 hr steady pace outdoor ride	Cross train (eg. 45 min swim or run)	1 hr steady pace outdoor ride	Rest day	50km long ride	100km long ride
Week 24	Rest day	1 hr steady pace outdoor ride	Rest day	1 hr steady pace outdoor ride	Rest day	Le Loop travel day	