

Le Loop 6 month/ 24 week training plan for the Grand Loop							
	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)	90 min ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3 min efforts & recoveries x 5)	Rest day	Rest day	100km long ride
Week 2	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	1hr-90 min ride: 45min tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	60km long ride	100km long ride
Week 3	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	90 min ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3 min efforts & recoveries x 5)	Rest day	Rest day	120km long ride
Week 4	Rest day	1hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	1hr-90 min ride: 45min tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	60km long ride	120km long ride
Week 5	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	90 min ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3 min efforts & recoveries x 5)	Rest day	100km long ride	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)	1hr-90 min ride: 45min tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	100km long ride	100km long ride
Week 7	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	90 min ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3 min efforts & recoveries x 5)	Rest day	100km long ride	120km long ride
Week 8	Rest day	90 min steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	1hr-90 min ride: 45min tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	120km long ride	120km 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	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	2hr ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3-5 min efforts & recoveries x 10)	Rest day	100km long ride	150km long ride
Week 11	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	90 min ride: 1hr tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	100km long ride	150km long ride
Week 12	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	2hr ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3-5 min efforts & recoveries x 10)	Rest day	150km long ride	150km long ride
Week 13	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	90 min ride: 1hr tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	150km long ride	150km long ride
Week 14	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	2hr ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3-5 min efforts & recoveries x 10)	Rest day	100km long ride	200km long ride
Week 15	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	90 min ride: 1hr tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	120km long ride	200km long ride
Week 16	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Cross train (eg. 45 min swim or run)	2hr ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3-5 min efforts & recoveries x 10)	Rest day	150km long ride	200km long ride
Week 17	Rest day	2 hr steady pace (road bike, MTB, turbo, commute)	Strength training (yoga, pilates, body pump class or equivalent)	90 min ride: 1hr tempo (= zone 3 = 75-90% effort) with at least 15 min warm up and cool down	Rest day	150km long ride	200km 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	3 hr steady pace outdoor ride (split over am/pm if necessary)	Cross train (eg. 45 min swim or run)	Rest day	1-2hr ride including hill sprints and/or speed intervals (3-5 min efforts x 10)	180km long ride	200km long ride
Week 20	Rest day	3 hr steady pace outdoor ride (split over am/pm if necessary)	Strength training (yoga, pilates, body pump class or equivalent)	Rest day	120km long ride (with a few efforts if you can bear it)	180km long ride	200km long ride
Week 21	Rest day	3 hr steady pace outdoor ride (split over am/pm if necessary)	Cross train (eg. 45 min swim or run)	Rest day	120km long ride (with a few efforts if you can bear it)	200km long ride	200km long ride
Week 22	Rest day	3 hr steady pace outdoor ride (split over am/pm if necessary)	Strength training (yoga, pilates, body pump class or equivalent)	2hr ride (zone 2 = 50-75% effort) inc 10 min warm up and cool down with hill sprints or speed intervals (3-5 min efforts & recoveries x 10)	Rest day	200km long ride	220km hilly 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	100km 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	