

Empire State Ride Training Plan

Week Ending		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/12/17	1	Rest	45 - 60min (EM)	Rest	45-60min (EM)	Rest	90-120min (EM)	Rest
3/19/17	2	Rest	60-75min (EM)	Rest	60-75min (EM) w/ 3x30sec (FP)	Rest	90-120min (EM) w/ 3x30sec (FP)	Rest
3/26/17	3	Rest	60-90min (EM)	Rest	60-90min (EM) w/ 4x30sec (FP)	Rest	90-120min (EM) w/ 4x30sec (FP)	45-60min (EM)
4/2/17	4	Rest	30min easy spin	Rest	30min easy spin	Rest	60min (EM)	Rest
4/9/17	5	Rest	60min (EM) w/ 2x10min (T), 5min recovery between intervals	Rest	60min (EM) w/ 2x10min (T), 5min recovery between intervals	Rest	90min (EM) w/ 5x30sec (FP)	60min (EM)
4/16/17	6	Rest	60min (EM) w/ 2x15min (T), 7min recovery between intervals	Rest	60min (EM) w/ 2x15min (T), 7min recovery between intervals	Rest	120min (EM) w/ 5x30sec (FP)	60min (EM)
4/23/17	7	Rest	60min (EM) w/ 1x25min (T)	Rest	60min (EM) w/ 1x25min (T)	Rest	120min (EM) w/ 6x30sec (FP)	60min (EM) w/ 1x30min T
4/30/17	8	Rest	45min easy spin	Rest	45min easy spin	Rest	60min (EM)	60min (EM) w/ 1x40min T
5/7/17	9	Rest	90min (EM) w/ 3x6min (SS), 4min recovery between intervals	60min (EM)	90min (EM) w/ 3x6min (SS), 4min recovery between intervals	Rest	120min (EM)	90min (EM)
5/14/17	10	Rest	90min (EM) w/ 3x8min (SS), 4min recovery between intervals	60min (EM)	90min (EM) w/ 3x8min (SS), 4min recovery between intervals	Rest	150min group ride or (EM) hilly ride	90min (EM)
5/21/17	11	Rest	90min (EM) w/ 3x10min (SS), 5min recovery between intervals	60min (EM)	90min (EM) w/ 3x10min (SS), 5min recovery between intervals	Rest	150min group ride or (EM) hilly ride	90min (EM)
5/28/17	12	Rest	30-60min easy spin	30-60min (EM)	30-60min easy spin	Rest	90min (EM) w/ 3x10min (SS), 5min recovery between intervals	90min (EM)
6/4/17	13	Rest	90min (EM) w/ 4x5min (CR), 4min recovery between intervals	90min (EM)	90min (EM) w/ 4x5min (CR), 4min recovery between intervals	Rest	180min group ride or (EM) hilly ride	120min (EM) hilly ride
6/11/17	14	Rest	90min (EM) w/ 5x6min (CR), 4min recovery between intervals	120min (EM)	120min (EM) w/ 6x30sec (FP)	Rest	240min group ride or (EM) hilly ride	120min (EM) hilly ride
6/18/17	15	Rest	90min (EM) w/ 4x8min (CR), 4min recovery between intervals	120min (EM)	120min (EM) w/ 6x30sec (FP)	Rest	240min group ride or (EM) hilly ride	120min (EM) hilly ride
6/25/17	16	Rest	30-60min easy spin	60min (EM)	60min (EM)	30min easy spin	60min (EM)	Rest
7/2/17	17	Rest	90min (EM) w/ 6x1min (PI), 1min recovery between intervals	120min (EM)	120min (EM) w/ 6x30sec (FP)	Rest	240min group ride or (EM) hilly ride	150min (EM) hilly ride
7/9/17	18	Rest	90min (EM) w/ 6x2min (PI), 2min recovery between intervals	120min (EM)	120min (EM) w/ 6x30sec (FP)	Rest	240min group ride or (EM) hilly ride	150min (EM) hilly ride
7/16/17	19	Rest	90min v w/ 5x3min (PI), 2min recovery between intervals	120min (EM)	120min (EM) w/ 6x30sec (FP)	Rest	300min group ride or (EM) hilly ride	150min (EM) hilly ride
7/23/17	20	Rest	30-60min easy spin	60min (EM)	60min (EM)	30min easy spin	60min (EM)	Rest
7/30/17	21	Rest	60min (EM) w/ 2x25min (T), 7min recovery between intervals	Rest	120min (EM) w/ 6x30sec (FP)	Rest	180min group ride or (EM) hilly ride	120min (EM)
8/6/17	22	Rest	60min (EM) w/ 2x25min (T), 7min recovery between intervals	Rest	60min (EM)	Rest	45-60min (EM)	ESR Ride Start

3/6/20173/6/2017