

# 10 Week Beginner Training Plan

# Welcome

Hello everyone,

Welcome to training with Cigala cycling.

I'm glad you have chosen me to help you get fitter for L'Étape Ireland.

My goal is not just to make you stronger but also to provide a fun experience in the next 10 weeks along with giving you some of my best advice for on and off the bike.

In the next 10 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

<b>Monday</b>	<b>Rest Day</b>		<a href="#">Link</a>
<b>Tuesday</b> 53m	15 min 3 min 5 min Recovery 20 min Test 10 min Cool Down	@ 90-100 RPM progressive warm up effort at 80% @ 80-90 RPM @ 90-100 RPM 100% @ free cadence @ 90-100 RPM	
	After that, <b>set your zones</b>		
	For Heart Rate (HR) take the 20 min avg heart rate, decrease the result by 5%. This is your FTTH. Enter the number in the appropriate section in the link. For power, you can simply enter your avg power. After that, remember to write down your training zones.		<a href="#">Link</a>
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17		
<b>Thursday</b> 41m	10 min 3x5 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 inbetween sets @ 90-100 RPM) @ 90-100 RPM	
<b>Friday</b> 45m	<b>Rest Day</b>		
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM	
<b>Sunday</b> 2h 4m	45 min 3x8 min Zone 3, alternating - 1 min - 1 min 5 min recovery in between sets 45 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM @ 90-100 RPM @ 90-100 RPM	

# Week 2

Monday	Rest Day		<a href="#">Link</a>
<b>Tuesday</b> 51m	10 min 3 min Zone 4 3 min Zone 1 2x8 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 (10min recovery inbetween sets @ 90-100 RPM)  @ 90-100 RPM	
<b>Wednesday</b> 45m	<b>Stretching Exercises</b> 1-17		
<b>Thursday</b> 41m	10 min 2x8 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 inbetween sets @ 90-100 RPM) @ 90-100 RPM	
<b>Friday</b> 45m	<b>Core Exercises</b> 18-37		
<b>Saturday</b> 60m	<b>Optional Active Recovery Ride</b> Zone 2	@ 90-100 RPM	
<b>Sunday</b> 2h 10m	45 min 2x15 min Zone 3 Piramidal  45 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 inbetween sets @ 90-100 RPM) @ 90-100 RPM	

# Week 3

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
47m

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 (5 min recovery inbetween 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**  
48m

10 min  
3x6 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 inbetween 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**  
2h 34m

60 min  
3x8 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 inbetween sets @ 90-100 RPM)  
@ 90-100 RPM

# Week 4

**Monday**

**Rest Day**

[Link](#)

**Tuesday**

42m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 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 inbetween sets @ 90-100 RPM)  
@ 90-100 RPM

**Wednesday**

45m

**Stretching Exercises**

1-17

**Thursday**

37m

10 min  
3 min Zone 4  
3 min Zone 1  
2 Sets of 3 Consecutive Sprints  
- 10 secs Sprint  
- 50 secs Recovery  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@90 rpm  
@100-110 rpm  
(5 min recovery inbetween 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**

2h 45m

**Endurance Ride**

Zone 2

@ 90-100 RPM  
Include 2x SFR (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.  
SFR are low cadence drills on a climb that helps improve strength.

# Week 5

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
47m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, alternating  
- 30 sec High 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  
@ 85-90 rpm (5 min recovery in between sets @ 90-100 RPM)  
  
@ 90-100 RPM

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
44m

10 min  
3x6 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

**Endurance Ride**  
Zone 2  
  
Include 2x8 min Zone 3, alternating  
- 1 min seated  
- 1 min out of the saddle

@ 90-100 RPM  
Aim 800mt elevation gain  
@ 80-90 RPM on CLIMB

# Week 6

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
54m

10 min  
3 min Zone 4  
3 min Zone 1  
2x6 min High Zone 3 / Low Zone 4

@ 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

10 min Cool Down

**Wednesday**  
45m

**Stretching Exercises**  
1-17

**Thursday**  
48m

10 min  
3x6 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 inbetween 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 3x 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.  
SFR are low cadence drills on a climb that helps improve strength.



# Week 7

**Monday**

**Rest Day**

[Link](#)

**Tuesday**

54m

10 min  
3 min Zone 4  
3 min Zone 1  
3x6 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 inbetween sets @ 90-100 RPM)  
@ 90-100 RPM

**Wednesday**

45m

**Stretching Exercises**

1-17

**Thursday**

37m

10 min  
3 min Zone 4  
3 min Zone 1  
2 Sets of 3 Consecutive Sprints  
- 10 secs Sprint  
- 50 secs Recovery  
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3  
@ 90 RPM  
@ 100-110 RPM  
(5 min recovery inbetween 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

Climbs at Zone 3

@ 90-100 RPM  
Aim 1000mt elevation gain  
@ 80-90 RPM

L'Étape Ireland - 10 Week Beginner Training Plan

# Week 8

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
51m

10 min  
3 min Zone 4  
3 min Zone 1  
2x10 min, alternating  
- 1 min 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**  
48m

10 min  
3x6 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**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

**Sunday**  
4h

**Endurance Ride**  
Zone 2  
Include 3x 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.  
SFR are low cadence drills on a climb that helps improve strength.

# Week 9

**Monday**

**Rest Day**

[Link](#)

**Tuesday**  
47m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, alternating  
- 30 secs Zone 5  
- 30 secs 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**  
44m

10 min  
3x6 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**  
4h

**Endurance Ride**  
Zone 2  
  
Climbs at Zone 3

@ 90-100 RPM  
Aim 1000mt elevation gain  
@ 80-90 RPM

**Sunday**  
60m

**Optional Active Recovery Ride**  
Zone 2

@ 90-100 RPM

# Week 10

**Monday**

Rest Day

[Link](#)

**Tuesday**  
47m

10 min  
3 min Zone 4  
3 min Zone 1  
2x8 min, 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**  
60m

Active recovery ride  
Zone 2

@ 90-100 RPM

**Thursday**  
45m

Stretching Exercises  
1-17

**Friday**  
60m

Optional Active Recovery Ride  
Zone 2

@ 90-100 RPM  
include 2x10 secS activation bursts (sprint at 80% at high cadence)

**Saturday**

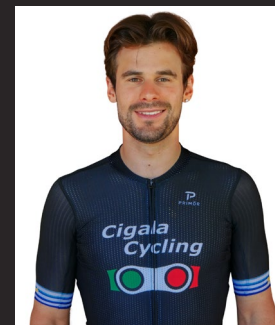
L'Étape Ireland!

**Sunday**

Rest Day

# L'ÉTAPE IRELAND

BY **TOUR DE FRANCE**



## Created By

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