

10 Week Intermediate 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

Monday	Rest Day		Link	
Tuesday 55m	15 min 5 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	<p>After that, set your zones</p> <p>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.</p>	Link
Wednesday 45m	Stretching Exercises 1-17			
Thursday 49m	10 min 4x5 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		
Friday 45m	Core Exercises 18-37			
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM		
Sunday 2h 23m	50 min 4x8 min Zone 3, alternating - 1 min - 1 min 50 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM		

Week 2

Monday

Rest Day

[Link](#)

Tuesday
56m

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 (10 min recovery inbetween sets @ 90-100 RPM)

@ 90-100 RPM

Wednesday
45m

Stretching Exercises
1-17

Thursday
54m

10 min
3x8 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
2h 40m

60 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
54m

10 min
3 min Zone 4
3 min Zone 1
3x6 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
60m

10 min
3x10 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
2h 47m

60 min
4x8 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
60m

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

@ 90-100 RPM

Wednesday
45m

Stretching Exercises
1-17

Thursday
55m

10 min
2x15 min Zone 3 Piramidal

10 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 (5 min recovery in between sets @90-100 RPM)
@ 90-100 RPM

Friday
45m

Core Exercises
18-37

Saturday
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
3h 30m

Endurance Ride
Zone 2
Include 2x8 min Zone 3

@ 90-100 RPM
@ 80-90 RPM on CLIMB

Week 5

Monday

Rest Day

[Link](#)

Tuesday
60m

10 min
3 min Zone 4
3 min Zone 1
3x8 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
45m

10 min
3 min Zone 4
3 min Zone 1
3 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
3h 30m

Endurance Ride
Zone 2
Include 4x 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 6

Monday

Rest Day

[Link](#)

Tuesday
60m

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

@ 90-100 RPM

Wednesday
45m

Stretching Exercises
1-17

Thursday
49m

10 min
4x5 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 inbetween sets @ 90-100 RPM)
@ 90-100 RPM

Friday
45m

Core Exercises
18-37

Saturday
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h

Endurance Ride
Zone 2

Include 3x10 min Zone 3

@ 90-100 RPM
Aim 1000mt elevation gain
@80-90 rpm on CLIMB alternating 1 min seated and 1 min out of the saddle

Week 7

Monday

Rest Day

[Link](#)

Tuesday
60m

10 min
3 min Zone 4
3 min Zone 1
3x8 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
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

Wednesday
45m

Stretching Exercises
1-17

Thursday
45m

10 min
3 min Zone 4
3 min Zone 1
3 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h

Endurance Ride
Zone 2

Climbs at Zone 3

@ 90-100 RPM
Aim 1500mt elevation gain
@ 80-90 RPM

Week 8

Monday

Rest Day

[Link](#)

Tuesday
54m

10 min
3 min Zone 4
3 min Zone 1
2x6 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
55m

10 min
3x8 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
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
4h 30m

Endurance Ride
Zone 2
Include 5x 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
51m

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
54m

10 min
4x5 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
5h

Endurance Ride
Zone 2

Climbs at Zone 3

@ 90-100 RPM
Aim 1500mt elevation gain
@ 80-90 RPM

Sunday
1h 30m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Week 10

Monday

Rest Day

[Link](#)

Tuesday
51m

10 min
3 min Zone 4
3 min Zone 1
2x10 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 inbetween 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 3x10 secs activation bursts (sprint at 80% at high cadence)

Saturday

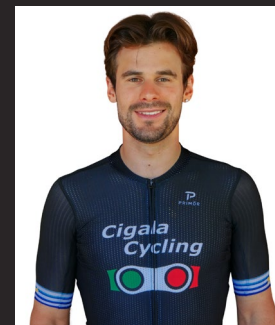
L'Étape Ireland!

Sunday

Rest Day

L'ÉTAPE IRELAND

BY **TOUR DE FRANCE**



Created By

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