

2016 Trans-Provence 20 Week Training Program

	Goal	Achieved	Conditioning	Achieved		Goal	Achieved	Conditioning	Achieved
Week 1 - 15 km					Week 11 - 45 km				
Sunday	15 km spin (mod)		45 min stretch		Sunday	Rest (15 min spin)		45 min stretch	
Monday	15 km spin (mod)		1.5 hr cross		Monday	45 km spin (light)		2.5 hr cross	
Tuesday	15 km spin (mod)		1.5 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	20 km spin (mod)		1.5 hr cross		Wednesday	50 km spin (mod)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	15 km spin (mod)		1.5 hr cross		Friday	45 km spin (mod)		2.5 hr cross	
Saturday	20 km spin (light)		1.5 hr cross		Saturday	40 km trail (mod)		45 min stretch	
Week 2 - 20 km					Week 12 - 50 km				
Sunday	20 km spin (hard)		1.5 hr cross		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Rest		45 min stretch		Monday	40 km trail (mod)		2.5 hr cross	
Tuesday	25 km spin (mod)		1.5 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	20 km spin (easy)		1.5 hr cross		Wednesday	35 km trail (hard)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	20 km spin (mod)		1.5 hr cross		Friday	50 km trail (light)		2.5 hr cross	
Saturday	25 km spin (mod)		1.5 hr cross		Saturday	45 km trail (light)		45 min stretch	
Week 3 - 20 km					Week 13 - 55 km				
Sunday	25 km spin (hard)		1.5 hr cross		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Rest		45 min stretch		Monday	55 km spin (mod)		2.5 hr cross	
Tuesday	20 km spin (light)		1.5 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	20 km spin (mod)		1.5 hr cross		Wednesday	45 km trail (light)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	25 km spin (light)		1.5 hr cross		Friday	60 km spin (light)		2.5 hr cross	
Saturday	25 km spin (mod)		1.5 hr cross		Saturday	55 km trail (mod)		45 min stretch	
Week 4 - 25 km					Week 14 - 60 km				
Sunday	Rest		45 min stretch		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Pool running		45 min stretch		Monday	60 km spin (mod)		2.5 hr cross	
Tuesday	25 km spin (mod)		1.5 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	30 km spin (mod)		1.5 hr cross		Wednesday	35 km trail (hard)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	25 km spin (hard)		1.5 hr cross		Friday	40 km trail (hard)		2.5 hr cross	
Saturday	25 km spin (mod)		1.5 hr cross		Saturday	60 km spin (hard)		45 min stretch	
Week 5 - 25 km					Week 15 - 65 km				
Sunday	Rest		45 min stretch		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Pool running		45 min stretch		Monday	50 km trail (mod)		2.5 hr cross	
Tuesday	20 km spin (light)		2 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	25 km spin (mod)		2 hr cross		Wednesday	70 km spin (mod)		2.5 hr cross	
Thursday	25 km spin (hard)		2 hr cross		Thursday	Pool running		45 min stretch	
Friday	Pool running		45 min stretch		Friday	50 km trail (hard)		2.5 hr cross	
Saturday	30 km spin (light)		2 hr cross		Saturday	60 km trail (mod)		45 min stretch	
Week 6 - 30 km					Week 16 - 70 km				
Sunday	25 km spin (hard)		2 hr cross		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Pool running		45 min stretch		Monday	70 km spin (light)		2.5 hr cross	
Tuesday	30 km spin (mod)		2 hr cross		Tuesday	Pool running		45 min stretch	
Wednesday	30 km spin (hard)		2 hr cross		Wednesday	50 km trail (hard)		2.5 hr cross	

	Goal	Achieved	Conditioning	Achieved		Goal	Achieved	Conditioning	Achieved
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	30 km spin (hard)		2 hr cross		Friday	70 km spin (light)		2.5 hr cross	
Saturday	35 km spin (light)		2 hr cross		Saturday	70 km trail (light)		45 min stretch	
Week 7 - 30 km					Week 17 - 70 km				
Sunday	30 km spin (mod)		2 hr cross		Sunday	Rest (15 min spin)		45 min stretch	
Monday	Pool running		45 min stretch		Monday	60 km spin (mod)		2.5 hr cross	
Tuesday	35 km spin (mod)		2 hr cross		Tuesday	40 km trail (hard)		45 min stretch	
Wednesday	40 km spin (mod)		2 hr cross		Wednesday	70 km spin (mod)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	35 km spin (mod)		2 hr cross		Friday	40 km trail (mod)		2.5 hr cross	
Saturday	35 km spin (hard)		2 hr cross		Saturday	50 km trail (hard)		45 min stretch	
Week 8 - 35 km					Week 18 - 4 day sim				
Sunday	Rest (15 min spin)		45 min stretch		Sunday	Rest (15 min spin)		45 min stretch	
Monday	35 km spin (light)		2 hr cross		Monday	50 km spin (mod)		1.5 hr cross	
Tuesday	Pool running		45 min stretch		Tuesday	60 km trail (light)		45 min stretch	
Wednesday	40 km spin (mod)		2 hr cross		Wednesday	55 km trail (mod)		1.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	60 km trail (hard)		45 min stretch	
Friday	35 km spin (mod)		2 hr cross		Friday	Pool running		2.5 hr cross	
Saturday	40 km spin (hard)		45 min stretch		Saturday	Pool running		45 min stretch	
Week 9 - 40 km					Week 19 - Full sim				
Sunday	Rest (15 min spin)		45 min stretch		Sunday	55 km trail (mod)		45 min stretch	
Monday	40 km spin (light)		2.5 hr cross		Monday	65 km trail (hard)		1.5 hr cross	
Tuesday	Pool running		45 min stretch		Tuesday	55 km trail (hard)		45 min stretch	
Wednesday	40 km spin (light)		2.5 hr cross		Wednesday	65 km trail (hard)		1.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	75 km trail (hard)		45 min stretch	
Friday	35 km spin (light)		2.5 hr cross		Friday	60 km trail (mod)		1.5 hr cross	
Saturday	30 km trail (light)		45 min stretch		Saturday	Pool running		45 min stretch	
Week 10 - 40 km					Week 20 - Rest				
Sunday	Rest (15 min spin)		45 min stretch		Sunday	Rest (15 min spin)		45 min stretch	
Monday	40 km spin (mod)		2.5 hr cross		Monday	35 km spin (light)		2.5 hr cross	
Tuesday	Pool running		45 min stretch		Tuesday	Pool running		45 min stretch	
Wednesday	45 km spin (mod)		2.5 hr cross		Wednesday	20 km trail (mod)		2.5 hr cross	
Thursday	Pool running		45 min stretch		Thursday	Pool running		45 min stretch	
Friday	40 km spin (mod)		2.5 hr cross		Friday	25 km trail (mod)		2.5 hr cross	
Saturday	35 km trail (hard)		45 min stretch		Saturday	35 km spin (light)	45 min stretch	Fry to France	
Notes:	Pool running is 45-60 minutes		"Cross" focus on core & X pattern exercises inc 30-45 min stretching						
	"Light" is mainly zone 2		"Mod" is 60% zone 3 and 20% zone 4			"Hard" is 20% zone 3, 50% zone 4 & 10% zone 5			
	Week planning is based around a week light riding & acclimatisation in France prior to Trans-Provence is week 21 and week 22 is the Trans-Provence.								