

# 12 Week Paris Ancaster Program

## Training Plan Guidelines

- Each day has a specific workout prescription based on your Power zone from your Functional Threshold Power (FTP) or time in heart rate or perceived exertion zones and at a specific cadence

- Every ride should start the same way as follows:

5 min Z1 (in a light gear i.e. small ring on road bike,  
light gear on MTB)

10 min Z2 (usually also in small ring or light gear)

Stretch

5 min Z2

After you have completed the 20 min warmup you begin the outlined workout. The warmup **is** included in the total time for the ride.

- After you are done the prescribed pieces/intervals the remainder of your ride should as much as possible be in Z2. For rest between intervals and pieces ride in low Z2 in an easy gear (small ring on road bike, light gear on MTB)
- When you are riding in Z2 it is assumed that occasionally on climbs and in strong winds you may get into Z3. Attempt to get back into Z2 as soon as possible.

- As a general rule you should have a cadence of 90rpm. For an average rider this will mean you will use the big ring with little wind or with a tail wind and a lighter gear on the MTB with a headwind or on hilly terrain.
- Z4 intensity, sprints and power pieces should be done in the big ring unless on a hill. Spin pieces will usually be done in the small ring or lighter gear on the MTB.
- Every ride should finish the same way as follows:

5 min Z2 (small ring or lighter gear on the MTB)

5 min Z1 (small ring or lighter gear on the MTB)

This time does count toward total ride time as did the warm up.

## Appendix 1 Anaerobic Threshold Heart Rate or FTP Power Field Test and Zone Calculation

Perform a 20 min pre test warmup as follows:

5 min Z1 (in a light gear i.e. small ring on road bike,  
lighter gear on the MTB)

10 min Z2 (usually small to medium size gear)

### **Stretch**

5 min Z3

After you have completed the 20 min warmup spin easy in Z1  
For 2 minutes to allow your heart rate to come down

Start the time trial test in the big chain ring from a complete  
standstill or from a moderate spin on the fluid or smart trainer

The test is a 20 minute all out effort, as if in a 20 minute road or mountain time trial race.

For heart rate Time your test for the first 5 minutes, but do not start your heart rate monitor until after the first 5 minutes of the test. After 5 minutes start your heart rate monitor to enable it to calculate average heart rate. (You will be calculating the average heart rate only on the final 15 minutes of the 20 minute test).

As soon as the test is finished, stop your heart rate monitor and get your average heart rate reading.

Your average heart rate for the 15 minutes will equate to your anaerobic threshold heart rate

For FTP you want the power for the entire 20 minutes. Take your best 20 minute power average from the test and divide it by 104% to determine your Functional Threshold Power (FTP)

After the test ensure you spin in a light gear in Z2

For the calculation of your zones your result is your anaerobic threshold or FTP Simply calculate your zones as a percentage of your threshold or FTP

## HEART RATE SYSTEM OF TRAINING INTENSITY CATEGORIES

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Heart Rate Zone	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	Less than 72% of Anaerobic Threshold	Regeneration Enjoyment Technique	Bike Walk Rest Day
Zone 2	>45	Medium Pace  Talking is easy	72-84% of Anaerobic Threshold	Basic Endurance  Maintenance	Base Miles  Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	85-93% of Anaerobic Threshold	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-10	Talking is possible but very difficult  Time Trial Pace	94-100% of Anaerobic Threshold	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	101-107% of Anaerobic Threshold	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	101%+	Lactate Tolerance Anaerobic Capacity	Ladders

## POWER ZONES BASED ON FTP

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Heart Rate Zone	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	Less than 55% of FTP	Regeneration Enjoyment Technique	Bike Walk Rest Day
Zone 2	>45	Medium Pace  Talking is easy	55-75% of FTP	Basic Endurance  Maintenance	Base Miles  Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	75-90% of FTP	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-10	Talking is possible but very difficult  Time Trial Pace	91-105% Of FTP	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	106-120% Of FTP	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	121% + Of FTP	Lactate Tolerance Anaerobic Capacity	Ladders  30 second intervals

## **Appendix 2 Rate of Perceived Exertion Training Plan Guidelines**

- If you choose not to use heart rate or power you can train based on rate of perceived exertion as follows.
- Each day has a specific workout prescription based on your perceived exertion zones
- Every ride outside should start the same way as follows:

**5 min 4-5 exertion (out of 10)  
(in a light gear i.e. small ring on road bike,  
middle ring on MTB)**

**10 min 5-6 exertion (out of 10)  
(usually also in small or middle ring)**

**Stretch**

**5 min 5-6 exertion (out of 10)**

After you have completed the 20 min warmup you begin the outlined workout. The warmup is included in the total time for the ride. RPE = Rate of Perceived Exertion

- After you are done the prescribed pieces/intervals the remainder of your ride should as much as possible be between 6-7 RPE. For rest between intervals and pieces ride at 5-6 RPE in an easy gear
- When you are riding at 6-7 RPE it is assumed that occasionally on climbs and in strong winds you may get up to 8 RPE Attempt to get back down to 6-7 RPE as soon as possible
- Every ride outside should finish the same way as follows:

**5 min RPE 5-6  
5 min RPE 4-5**

**This time does count toward total ride time as did the warm up.**

## RPE SYSTEM OF TRAINING INTENSITY CATEGORIES

Intensity Category	Duration as Training (minutes)	Intensity Explanation	Exertion Rating on a scale of 1-20	Goals of Intensity	Practical Examples
Zone 1	>45	Enjoyable, little or no pressure on peddles	1-4	Regeneration Enjoyment Technique	Active Recovery Rest Day
Zone 2	>45	Medium Pace  Talking is easy	5-6	Basic Endurance  Maintenance	Base Miles  Long Slow Distance
Zone 3	30-90	Talking is moderately difficult	7	Fat/Carbo mix  High Intensity Aerobic	30 minute session
Zone 4	5-20	Talking is possible but very difficult  Time Trial Pace	8	Increase Anaerobic Threshold  Time Trial Feeling	5-10 minute sessions
Zone 5	2-4	Talking Is Nearly Impossible	9	Race Speed Feeling  Ability to Jump/Bridge	2-4 minute Interval  3000m pursuit
Zone 6	45s-2min	All out  Talking not possible	10	Lactate Tolerance Anaerobic Capacity	Ladders

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
<p>Total Hours:</p> <p>4:30</p> <p>4:00 Bike</p> <p>0:30 Core</p> <p><b>Week 1</b></p>	0:15 Core	1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio	0:15 Core	1:00 2*10 minute Z3 regular rpm (90) 1:1 work to rest ratio	OFF	1:00 4*5 minute Z3 regular rpm (90) 1:1 work to rest ratio	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.
<p>Total Hours:</p> <p>4:30</p> <p>4:00 Bike</p> <p>0:30 Core</p> <p><b>Week 2</b></p>	0:15 Core	1:00 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.	0:15 Core	1:00 4*5 minute Z3 regular rpm (90) 1:1 work to rest ratio	OFF	1:00 2*10 minute Z3 regular rpm (90) 1:1 work to rest ratio	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.
<p>Total Hours:</p> <p>5:15</p> <p>4:45 Bike</p> <p>0:30 Core</p> <p><b>Week 3</b></p>	0:15 Core	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.	0:45 Z2 basic endurance higher rpm 95-100  0:15 Core	1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio	OFF	1:00 2*5 minute Z3 power pieces 65-70 rpm 2*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.
<p>Total Hours:</p> <p>4:15</p> <p>3:45 Bike</p> <p>0:30 Core</p> <p><b>Week 4 Regen Week</b></p>	0:15 Core	OFF  OR  Yoga	1:00 2*10 minute Z3 regular rpm (90) 1:1 work to rest ratio	1:00 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.	OFF	0:45 Z2 higher Rpm 95-100	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.
<p>Total Hours:</p> <p>5:00</p> <p>4:30 Bike</p> <p>0:30 Core</p> <p><b>Week 5</b></p>	0:15 Core	1:00 6*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.	0:15 Core	1:00 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.	OFF	1:00 2*5 minute Z3 power pieces 65-70 rpm 2*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio	1:30 8*30 second intervals at 180-220% of FTP or Z6 HR or RPE Do intervals every 5 minutes.



<p>Total Hours: 5:00 4:30 Bike 0:30 Core</p> <p><b>Week 6</b></p>	0:15 Core	<p>1:00 FTP Test Adjust zones after test. OR 1:00 4*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	0:15 Core	<p>1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	OFF	<p>1:00 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:30 5*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>
<p>Total Hours: 6:00 5:30 Bike 0:30 Core</p> <p><b>Week 7</b></p>	0:15 Core	<p>1:00 4*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	0:15 Core	<p>1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	OFF	<p>1:00 2*15 minute Z3 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>	<p>1:30 5*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>
<p>Total Hours: 6:30 6:00 Bike 0:30 Core</p> <p><b>Week 8</b></p>	0:15 Core	<p>1:00 2*10 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	0:15 Core	<p>1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	OFF	<p>1:30 8*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>1:30 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>
<p>Total Hours: 5:30 3:30 Bike 0:30 Core</p> <p><b>Week 9</b> <b>Regen Week.</b></p>	0:15 Core	<p>1:00 Z2 basic endurance higher rpm 95-100</p>	0:15 Core	<p>1:00 2*5 minute Z3 power pieces 65-70 rpm 2*5 minute Z3 spin pieces 110 rpm. 1:1 work to rest ratio</p>	OFF	<p>1:00 Z2 basic endurance higher rpm 95-100</p>	<p>1:30 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts.</p>

<p>Total Hours: 7:00 6:30 Bike  0:30 Core  <b>Week 10</b></p>	<p>0:15 Core</p>	<p>1:00 FTP Test Adjust zones after test. OR 1:00 4*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	<p>1:00 Z2 basic endurance higher rpm 95-100  0:15 Core</p>	<p>1:00 Z2 basic endurance higher rpm 95-100</p>	<p>OFF</p>	<p>1:30 8*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>2:00 2*15 minute Z4 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>
<p>Total Hours: 5:30 5:00 Bike  0:30 Core  <b>Week 11</b>  <b>Taper</b></p>	<p>0:15 Core</p>	<p>1:30 2*15 minute Z4 regular rpm (90) Ride 10 minutes Z2 between efforts.</p>	<p>0:15 Core</p>	<p>1:00 6*20 second sprints at 220-250% of FTP or Z6 HR or RPE Do intervals every 5 minutes.</p>	<p>OFF</p>	<p>1:00 Z2 basic endurance higher rpm 95-100</p>	<p>1:30 3*10 minute Z4 regular rpm (90) Ride 5 minutes Z2 between efforts</p>
<p>Total Hours:  <b>Week 12</b>  <b>Taper</b></p>	<p>0:15 Core</p>	<p>1:30 5*5 minute Z4 regular rpm (90) 1:1 work to rest ratio</p>	<p>0:15 Core</p>	<p>1:00 4*5 minute Z3 spin pieces 110 rpm 1:1 work to rest ratio</p>	<p>OFF</p>	<p>1:00 Race Prep 2*8 minutes. First 5 minutes Z3, last 3 minutes Z4. Remainder or ride in fairly strict Z2.</p>	<p>Paris To Ancaster!! Warm up with 5 min Z1 5 min Z2 5 min Z3 2 min Z2</p>

## Core Strength Program

**Exercise**

**Sets**

**Reps**

**Rest Between sets**

**Cross Over  
Crunch**

**3 sets**

**12-max reps**

**Superset with TRA**



**Seated TRA  
Balance**

**2 sets**

**4x5 second hold**

**Superset with ball  
Crossover Crunch**



**Ball Knee Balance 10-15 sec per side**

**Superset with prone  
Back**



**Prone Low 2 sets 4x5 second hold**

**Superset Ball Balance**



**Advanced 2 sets 4-8 reps 45 seconds rest**  
**Walkout**



**Ball Burpees Advanced 2 sets 6-12 reps 45 seconds rest**



**Advanced Plank 2 sets 20-40 second hold 45 second rest**

