

velosurance 10 hour x 12 week granfondo training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 hr Zone 2 ride	1.5 hr endurance + skills	2 hr Zone 2 ride	Rest or yoga/stretching	3 hr long endurance ride	1.5 hr easy ride	Rest
2	2.5 hr Zone 2 ride	1.5 hr endurance + cadence drills	2 hr endurance ride	Rest or yoga/stretching	3.5 hr endurance ride	1.5 hr easy ride	Rest
3	2.5 hr endurance	1.5 hr endurance + 3x5 min sweet spot	2 hr endurance ride	Rest or yoga/stretching	4 hr endurance ride	1.5 hr easy ride	Rest
4	2 hr endurance	1.5 hr endurance + skills	1.5 hr easy ride	Rest or yoga/stretching	2.5 hr easy ride (recovery)	1 hr easy ride	Rest
5	2 hr endurance + 5x3 min tempo	1.5 hr endurance	2.5 hr endurance ride	Rest or yoga/stretching	4 hr long endurance ride	1.5 hr easy ride	Rest
6	2.5 hr endurance + 6x3 min tempo	1.5 hr endurance + skills	2 hr endurance ride	Rest or yoga/stretching	4.5 hr endurance ride	1.5 hr easy ride	Rest
7	2.5 hr endurance + 8x3 min tempo	1.5 hr endurance + 4x5 min sweet spot	2 hr endurance ride	Rest or yoga/stretching	5 hr long ride (steady)	1.5 hr easy ride	Rest
8	2 hr endurance	1.5 hr easy ride	1.5 hr easy ride	Rest or yoga/stretching	3 hr easy ride (recovery)	1 hr easy ride	Rest
9	2.5 hr endurance + 6x4 min tempo	1.5 hr endurance + skills	2 hr endurance ride	Rest or yoga/stretching	5 hr endurance ride (include hills)	1.5 hr easy ride	Rest
10	2.5 hr endurance + 4x6 min sweet spot	1.5 hr endurance	2 hr endurance ride	Rest or yoga/stretching	5.5 hr endurance ride	1.5 hr easy ride	Rest
11	2 hr endurance	1.5 hr endurance + skills	1.5 hr easy ride	Rest or yoga/stretching	3 hr easy ride (taper)	1 hr easy ride	Rest
12	1.5 hr easy spin	1 hr easy spin	Rest	Rest	1-12 hr pre-race easy ride	Race Day!	Rest