

velosurance 8 week HIIT crit training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or easy spin, 45 min	High-cadence intervals: 6x1 min @110-120 RPM, 2 min recovery	Endurance ride: 90 min Zone 2	Sweet Spot: 3x10 min @88-94% FTP, 5 min recovery	Rest	Group ride/simulated race: 2 hr varied pacing	Long endurance ride: 2.5 hr Zone 2
2	Rest	High-cadence intervals: 6x1 min @110-120 RPM, 2 min recovery	Endurance ride: 90 min Zone 2	Sweet Spot: 3x10 min @88-94% FTP, 5 min recovery	Rest	Group ride/simulated race: 2 hr varied pacing	Long endurance ride: 2.5 hr Zone 2
3	Rest	VO2 Max: 5x3 min @110-120% FTP, 3 min recovery	Endurance ride: 90 min Zone 2	Over-Unders: 4x8 min (2 min @95%/2 min @105% FTP)	Rest or easy spin 45 min	Race simulation: 60 min w/ 10x30 sec sprints every 5 min	Long endurance ride: 3 hr Zone 2
4	Rest	VO2 Max: 5x3 min @110-120% FTP, 3 min recovery	Endurance ride: 90 min Zone 2	Over-Unders: 4x8 min (2 min @95%/2 min @105% FTP)	Rest or easy spin 45 min	Race simulation: 60 min w/ 10x30 sec sprints every 5 min	Long endurance ride: 3 hr Zone 2
5	Rest	Anaerobic Capacity: 6x1 min all-out, 4 min recovery	Endurance ride: 90 min Zone 2	Sprint Intervals: 8x15 sec sprints, 3 min recovery	Rest or easy spin 45 min	Crit simulation: 45 min w/ accelerations & corners	Long endurance ride: 3.5 hr Zone 2
6	Rest	Anaerobic Capacity: 6x1 min all-out, 4 min recovery	Endurance ride: 90 min Zone 2	Sprint Intervals: 8x15 sec sprints, 3 min recovery	Rest or easy spin 45 min	Crit simulation: 45 min w/ accelerations & corners	Long endurance ride: 3.5 hr Zone 2
7	Rest	Short HIIT: 4x2 min @120% FTP, 4 min recovery	Endurance ride: 60 min Zone 2	Openers: 3x1 min race pace w/ full recovery	Rest	Race simulation: 30 min high-intensity	Rest or easy spin 30 min
8	Rest	Short HIIT: 4x2 min @120% FTP, 4 min recovery	Endurance ride: 60 min Zone 2	Openers: 3x1 min race pace w/ full recovery	Rest	Race simulation: 30 min high-intensity	Rest or easy spin 30 min