Your 100 Mile Sportive Training Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1 (Easy)	1 hr Tempo Session Cadence - High/Med Intensity Rating - 4/10		1 hr Strength Endurance Cadence - Low/Med Intensity Rating - 610			2 hr Ride Out- door Cadence - Med/High Intensity Rating - 3/10	
Week 2 (Medium)	1 hr Tempo Session Cadence - High Intensity Rating - 5/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10		1 hr Easy Spin Cadence - High Intensity Rating - 4/10	2.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 4/10	
Week 3 (Hard)	1 hr Tempo Session Cadence - High Intensity Rating - 8/10		1 hr Threshold Session Cadence - High Intensity Rating - 7/10			2 hr Ride Outdoor Cadence - Med/High Intensity Rating - 6/10	Endurance ride 3 - 4 Hours Outdoor Cadence - Med/ High Intensity Rating 3/10
Week 4 (recovery)	1 hr Tempo Session Cadence - medium Intensity Rating - 4/10			1 hr Easy Spin Cadence - High Intensity Rating - 4/10			Endurance ride 3 Hours Outdoor Cadence - Med/ High Intensity Rating 3/10
Week 5 (Easy)	1 hr Tempo Session Cadence - High/Med Intensity Rating - 5/10		1 hr Strength Endurance Cadence - Low/Med Intensity Rating - 6/10			3 hr Ride Out- door Cadence - Med/High Intensity Rating - 4/10	
Week 6 (Medium)	1 hr Tempo Session Cadence - High Intensity Rating - 6/10		1 hr Strength Endurance Cadence - Low Intensity Rating - 7/10		1 hr Easy Spin Cadence - High Intensity Rating - 4/10	3.5 hr Ride Outdoor Cadence - Med/High Intensity Rating - 5/10	

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Week 7 (Hard)	1 hr Tempo Session		1 hr Threshold Session			2 hr Ride Out- door	Endurance ride 4 -5 Hours Outdoor
	Cadence - High		Cadence - High/Med			Cadence - Med/High	Cadence - Med/ High
	Intensity Rating - 6/10		Intensity Rating - 8/10			Intensity Rating - 4/10	Intensity Rating 4/10
Waali 0	1 hr Tempo			1 br Facy Spin			Endurance ride 3
Week 8 (recovery)	Session			1 hr Easy Spin Cadence -			- 4 Hours Out- door
	Low	Cadence - Low		High			Cadence - Med/ High
	Intensity Rating - 5/10			Intensity Rating -4/10			Intensity Rating 5/10
Week 9 (Easy)	1 hr Threshold Session		1 hr Strength Endurance			3.5 hr Ride Out- door	
	Cadence - High/Med		Cadence - Low/Med			Cadence - Med/High	
	Intensity Rating - 7/10		Intensity Rating - 6/10			Intensity Rating - 5/10	
Week 10 (Medium)	1 hr Tempo Session		1 hr Strength Endurance		1 hr Thresh- old Session		2.5 hr Ride Outdoor
	Cadence - High		Cadence - Low		Cadence - High		Cadence - Med/ High
	Intensity Rating - 6/10		Intensity Rating - 7/10		Intensity Rating - 6/10		Intensity Rating - 5/10
Week 11 (Hard)	1 hr Tempo Session		1 hr Strength Endurance			2.5 hr Ride Out- door	Endurance ride 6 Hours Outdoor
	Cadence - High		Cadence - Low			Cadence - Med/High	Cadence - Med/ High
	Intensity Rating - 6/10		Intensity Rating - 7/10			Intensity Rating - 5/10	Intensity Rating 4/10
Week 12 (recovery /taper)	1 hr Tempo Session			1 hr Easy Spin			Endurance ride 3 Hours Outdoor
	Cadence - High/Med			Cadence - High			Cadence - Med/ High
	Intensity Rating - 5/10			Intensity Rating - 4/10			Intensity Rating - 3/10