

CYCLE COLLECTIVE



INDOOR TRAINING

PERFORMANCE
BLISS #1



10 WEEK TRAINING PLAN BEGINNER - INTERMEDIATE



15	15	Paola Cast...	152	75%	100	17.8	566
16	9	Naomi Ga...	163	79%	94	14.9	9
		Adrian Ag...	131	77%	95	17	

WELCOME

To your 10-Week Cycling Training Plan for Amy's Gran Fondo 2026. Running from mid-July through to event day on Sunday 13th September, this training plan is designed to support your preparation—whether you're riding outdoors or indoors on a stationary bike or smart trainer.

Outdoor sessions tend to be longer, while the indoor workouts are shorter and more time-efficient.

By choosing one or combining both styles of training each week, you'll steadily build your fitness, boost your confidence, and prepare your body for the demands of Amy's Gran Fondo, whether you're taking on the Medio Fondo, Gran Fondo, or any distance in between.

THE PLAN AIM

Ride three times per week to build strength, improve aerobic fitness and endurance, and increase your power on the bike.

THIS PLAN IS FOR

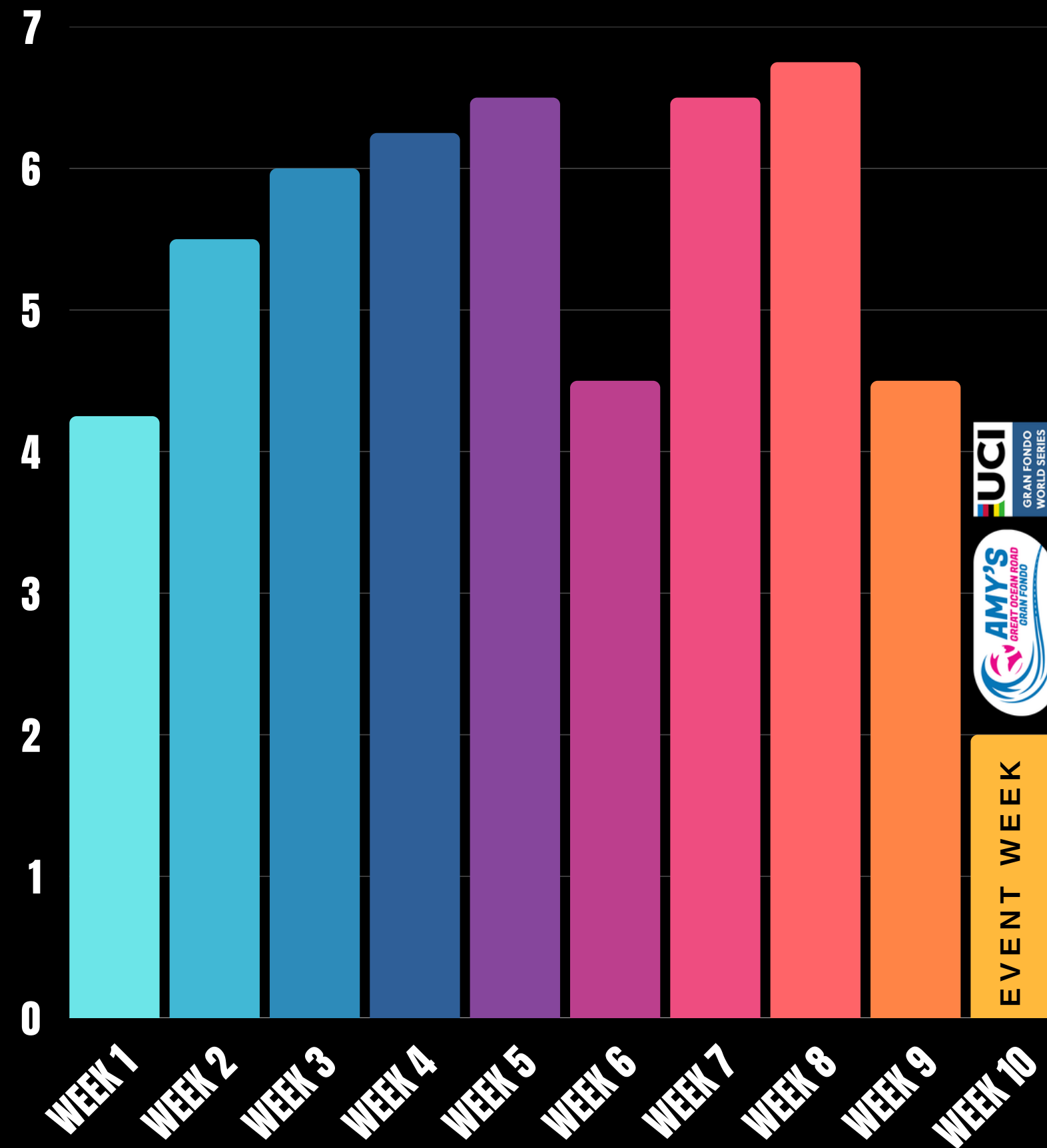
Riders who are relatively new to cycling, have a beginner to intermediate level of fitness, and are ready to take their cycling fitness to the next level. You may have participated in cycling events previously or this may be your first introduction to group participation cycling and event training. Either way, by following the 10-week training plan, you will improve both your fitness and cycling confidence.

HOW IT WORKS

- The training is a 10 week block where the first 4 weeks are designed around building your base fitness and strength whilst increasing both consistency and training volume weekly.
- The middle 4 weeks are your specific training phase.
- In the 2 weeks leading up to event day, training volume drops ensuring you're feeling fresh and ready for the start line.
- If you miss a training day, no need to catch that day up, just continue with the weekly plan.

GUIDELINES

- For all rides—excluding strength-based sessions—your cadence should sit between 80–95 rpm.
- During strength sessions, aim for a lower cadence of around 55–65 rpm. These workouts are designed to build muscular strength for climbing. Please keep in mind that hill efforts during the event can also be performed at higher cadences, depending on what feels best for you.
- For longer rides and sessions, be sure to fuel and hydrate adequately.
- Use these sessions to practice the nutrition and hydration strategies you plan to use on event day.



WHAT ALL THE TERMS MEAN

FTP: Functional Threshold Power

The average number of watts that you can sustain, in a steady state effort and acts as a current measure of fitness. FTP is typically calculated by a 20-minute effort (but a 60-minute FTP is also used). Your FTP score is calculated using 95% of your average power across your 20 minutes test. Other test durations can also be used, with adjusted percentages applied to produce an equivalent FTP score.

WATTS/ POWER:

A watt is a measure of how hard you're working at any given time.

LTHR: Lactate Threshold Heart Rate

Represents the heart rate at which your body begins to accumulate lactate faster than it can clear it. It helps define your training zones for better endurance and performance.

RPE: Rate of Perceived Exertion

The numeric estimate of your exercise intensity. We use a scale of 1 - 10

1 = very easy

10 = very hard

Max is all out effort

RPM / CAD: Revolutions per minute / cadence

How fast your pedals are rotating around 360 degrees per 60 seconds. RPM and cadence are interchangeable terms.

RIDING POSTURAL CUES

- Relaxed shoulders
- Soft hands
- Elbows bent
- Hips forward

PEDALING CUES

Full pedal rotation. Push down with your heels and up with your toes.

RPE 1	VERY EASY	FTP % 45 - 55	LTHR % 70 - 85
RPE 2	EASY	FTP % 55 - 60	LTHR % 70 - 85
RPE 3	EASY	FTP % 60 - 70	LTHR % 70 - 85
RPE 4	SUSTAINABLE FOR LONG RIDES	FTP % 70 - 75	LTHR % 70 - 85
RPE 5	SLIGHTLY OUT OF BREATH WHEN TALKING	FTP % 75 - 84	LTHR % 85 - 89
RPE 6	SHORT SENTENCE TALKING ONLY	FTP % 84 - 89	LTHR % 89 - 92
RPE 7	CAN SPEAK ONLY A FEW WORDS AT A TIME	FTP % 89 - 95	LTHR % 92 - 95
RPE 8	RIDING HARD	FTP % 95 - 105	LTHR % 95 - 99
RPE 9	NEAR MAXIMUM EFFORT	FTP % 105 - 120	LTHR % 100 - 103
RPE 10	ALL OUT SPRINT	FTP % 120+	LTHR % 103+

BASE

WEEK 1

MONDAY

40 - 60 MIN
EASY RIDE
@
RPE 2-4

40 - 60 MINS

TUESDAY
REST DAY

GOOD NUTRITION

WEDNESDAY

55 -70 MIN
EASY RIDE
@
RPE 2-4

55 - 70 MINS

THURSDAY
REST DAY

SLEEP WELL

FRIDAY
REST DAY

GOOD NUTRITION

SATURDAY

60 - 70 KM
FLAT RIDE
@
RPE 2-4

2 - 2.5 HOURS

SUNDAY
REST DAY

SLEEP WELL



4.75 HOURS

BASE

WEEK 2

MONDAY	TUESDAY REST DAY	WEDNESDAY	THURSDAY REST DAY	FRIDAY REST DAY	SATURDAY	SUNDAY REST DAY
55 - 70 MIN EASY RIDE RPE 2-4		15 MIN @ RPE 2 5 X (3 MINS @ RPE 6/7 + 2 MINS @ RPE 2) 10 MINS @ RPE 2			70 - 80 KM FLAT RIDE RPE 2 - 4	
55 - 70 MINS	GOOD NUTRITION	50 MINS	SLEEP WELL	GOOD NUTRITION	2.5 - 3.5 HOURS	SLEEP WELL



5.5 HOURS

STRENGTH

WEEK 3

MONDAY

15 MINS @ RPE 2

3 X STRENGTH (2 MINS @ RPE 6 + 1 MIN @ RPE 8 + 2 MINS @ RPE 2)

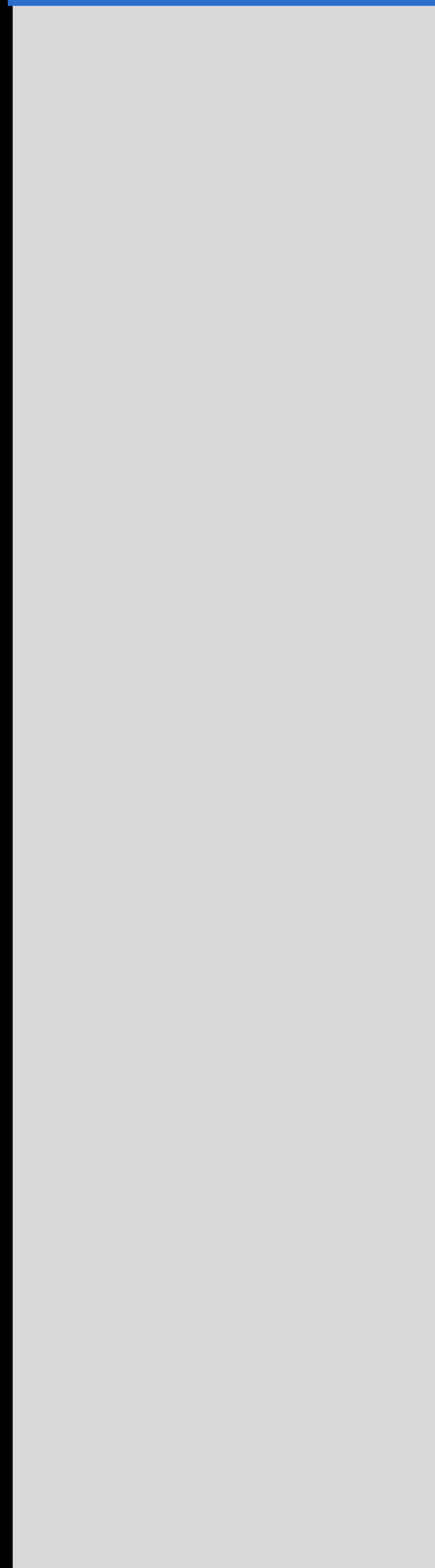
3 X (2 MINS @ RPE 8 + 90 SECS @ RPE 2)

9.5 MINS @ RPE 2

**STRENGTH
FOCUS - LOW RPM**

50 MINS

TUESDAY REST DAY



GOOD NUTRITION

WEDNESDAY

15 MIN @ RPE 2

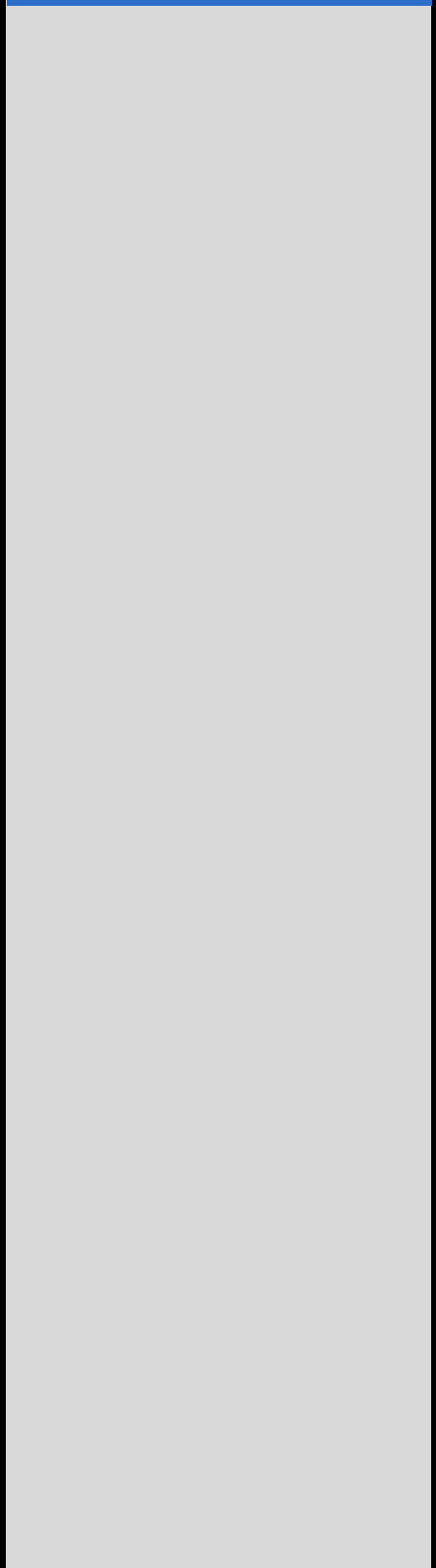
5 X STRENGTH (4 MINS @ RPE 6 + 2 MINS @ RPE 2)

15 MINS @ RPE 2

**STRENGTH
FOCUS - LOW RPM**

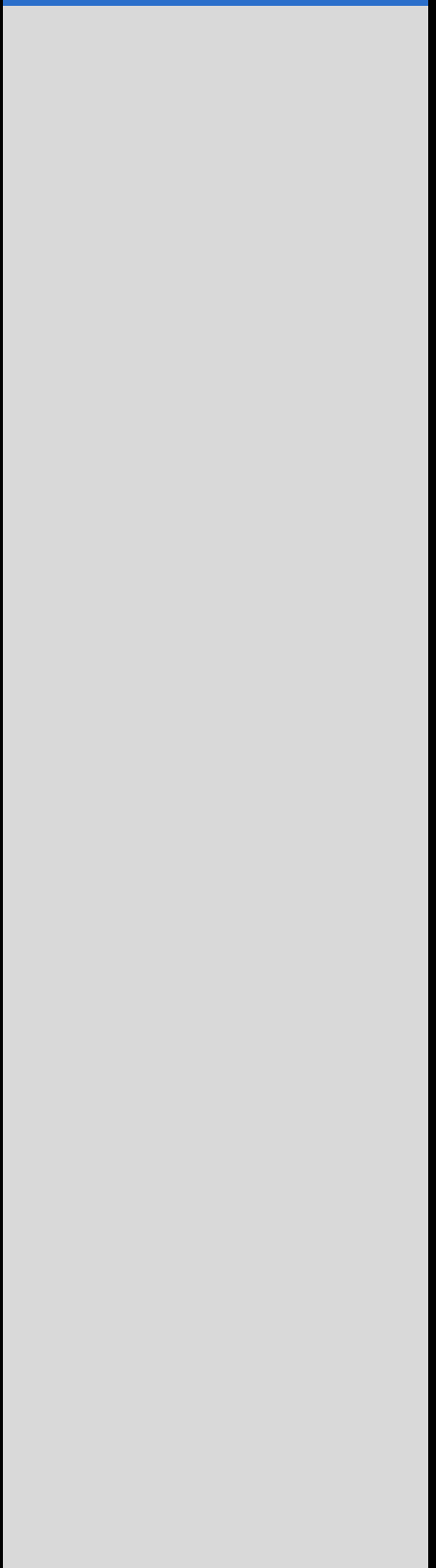
60 MINS

THURSDAY REST DAY



SLEEP WELL

FRIDAY REST DAY



GOOD NUTRITION

SATURDAY

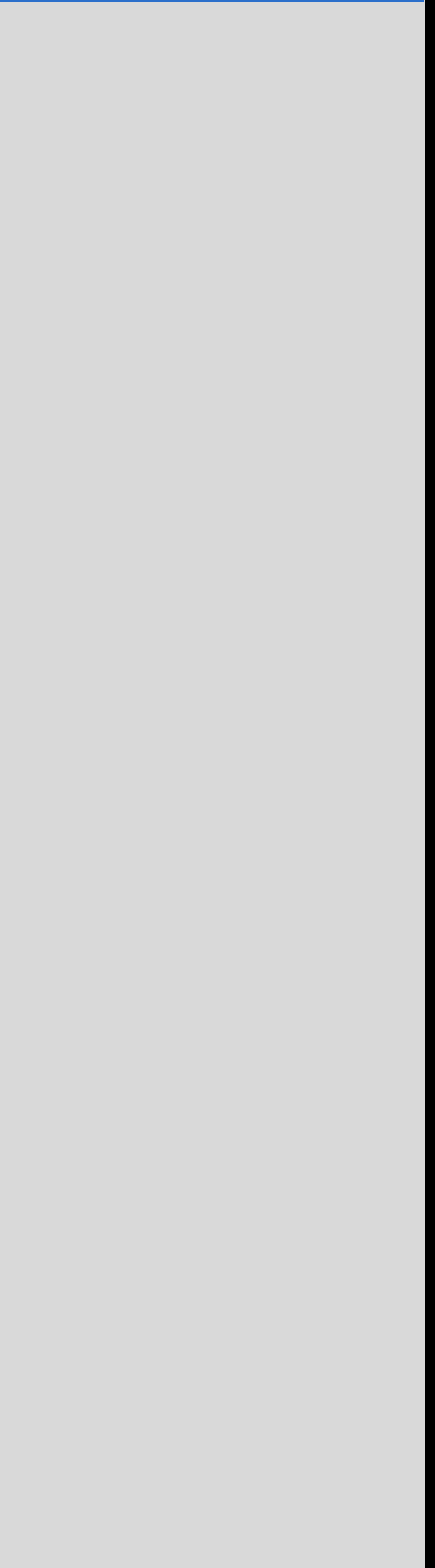
65 - 80 KM HILL RIDE

RPE 2 - 4

**STRENGTH
FOCUS - LOW RPM**

3 - 4 HOURS

SUNDAY REST DAY



SLEEP WELL



5.8 HOURS

MONDAY

12 MINS @
RPE 2 - 3

2 X
(2 MINS @ RPE 6
+
1 MIN @ RPE 7
+
1 MINS @ RPE 8
+
2 MIN @ RPE 2)

4 X
(2 MINS @ RPE 8
+
2 MINS @ RPE 2)

10 MINS @
RPE 2 - 3

50 MINS

**TUESDAY
REST DAY**

GOOD NUTRITION

WEDNESDAY

20 MINS @
RPE 2 - 3

3 X
(9 MINS @ RPE 6
+
3 MIN @ RPE 2)

14 MINS @
RPE 2 - 2

70 MINS

**THURSDAY
REST DAY**

SLEEP WELL

**FRIDAY
REST DAY**

GOOD NUTRITION

SATURDAY

90 - 95 KM
FLAT RIDE

RPE 3 - 4

3.25 - 4 HOURS

**SUNDAY
REST DAY**

SLEEP WELL



6 HOURS

STRENGTH

WEEK 5

MONDAY

15 MINS @
RPE 2 - 3

2 X STRENGTH
(1MINS @ RPE 5
+
1 MIN @ RPE 6
+
1 MINS @ RPE 7
+
2 MIN @ RPE 2)

10 X STRENGTH
(30 SECS @ RPE 9
+
1 MIN @ RPE 2)

10 MINS @
RPE 2 - 3

TUESDAY
REST DAY

WEDNESDAY

15 MINS @
RPE 2 - 3

5 X STRENGTH
(6 MINS @ RPE 6
+
2 MIN @ RPE 2)

10 MINS @
RPE 2 - 3

THURSDAY
REST DAY

FRIDAY
REST DAY

SATURDAY

80 - 90 KM
HILL RIDE

RPE 2 - 4

SUNDAY
REST DAY

**STRENGTH
FOCUS - LOW RPM**

**STRENGTH
FOCUS - LOW RPM**

**STRENGTH
FOCUS - LOW RPM**

50 MINS

GOOD NUTRITION

65 MINS

SLEEP WELL

GOOD NUTRITION

3.5 - 4.25 HOURS

SLEEP WELL



6.25 HOURS

MONDAY

50 - 60 KM
EASY RIDE

RPE 2- 4

2 - 2.25 HOURS

**TUESDAY
REST DAY**

GOOD NUTRITION

WEDNESDAY

10 MINS @
RPE 2 - 3

5 X
(2 MINS @ RPE 6
+
1 MIN @ RPE 8
+
2 MIN @ RPE 2)

10 MINS @
RPE 2 - 3

45 MINS

**THURSDAY
REST DAY**

SLEEP WELL

**FRIDAY
REST DAY**

GOOD NUTRITION

SATURDAY

55 - 65 KM
FLAT RIDE

RPE 3 - 4

2 - 2.5 HOURS

**SUNDAY
REST DAY**

SLEEP WELL



5.5 HOURS

MONDAY

13 MINS @
RPE 2 - 3

8 X
(30 SECS @ RPE 8
+
30 SECS @ RPE 2)

3 MINS RPE 3

7 X
(30 SECS @ RPE 8
+
30 SECS @ RPE 2)

3 MINS RPE 3

6 X
(30 SECS @ RPE 8
+
30 SECS @ RPE 2)

10 MINS @
RPE 2

50 MINS

**TUESDAY
REST DAY**

GOOD NUTRITION

WEDNESDAY

15 MINS @
RPE 2 - 3

3 X
(4 MINS @ RPE 5
+
2 MIN @ RPE 7
+
4 MINS @ RPE 6
+
3 MINS RPE 3)

11 MINS @
RPE 2

65 MINS

**THURSDAY
REST DAY**

SLEEP WELL

**FRIDAY
REST DAY**

GOOD NUTRITION

SATURDAY

100 - 110 KM
FLAT RIDE

RPE 3 - 4

4 - 5 HOURS

**SUNDAY
REST DAY**

SLEEP WELL



7 HOURS

STRENGTH

WEEK 8

MONDAY

10 MINS @ RPE 2

3 X STRENGTH (3 MINS @ RPE 7 + 2 MINS @ RPE 2 + 2 MINS @ RPE 7-8 + 90 SECS @ RPE 2 + 1 MIN @ RPE 9 + 2 MINS @ RPE 2)

10 MINS @ RPE 2 - 3

STRENGTH FOCUS - LOW RPM

55 MINS

TUESDAY REST DAY

REST DAY

GOOD NUTRITION

WEDNESDAY

14 MINS @ RPE 2 - 3

5 X STRENGTH (4 MINS @ RPE 6 + 2 MIN @ RPE 7

4 X STRENGTH (2 MIN @ RPE 8 + 2 MINS RPE 3)

10 MINS @ RPE 2 - 3

STRENGTH FOCUS - LOW RPM

70 MINS

THURSDAY REST DAY

REST DAY

SLEEP WELL

FRIDAY REST DAY

REST DAY

GOOD NUTRITION

SATURDAY

90 - 100 KM HILL RIDE

RPE 2 - 4

STRENGTH FOCUS - LOW RPM

4.5 - 5.5 HOURS

SUNDAY REST DAY

REST DAY

SLEEP WELL



7.5 HOURS

MONDAY

**TUESDAY
REST DAY**

WEDNESDAY

**THURSDAY
REST DAY**

**FRIDAY
REST DAY**

SATURDAY

**SUNDAY
REST DAY**

16 MINS @
RPE 2 - 3

4 X
(1 MINS @ RPE 8
+
3 MINS @ RPE 6
+
2 MINS @ RPE 2)

10 MINS @
RPE 2 - 3

10 MINS @
RPE 2

3 X
(4 MINS @ RPE 4
+
2 MIN @ RPE 6)

3 MINS @ RPE 2

2 X
(4 MINS @ RPE 5
+
2 MINS RPE 6)

10 MINS @
RPE 2 - 3

55- 60 KM
FLAT RIDE

RPE 3 - 4

50 MINS

GOOD NUTRITION

60 MINS

SLEEP WELL

GOOD NUTRITION

2 -2.5 HOURS

SLEEP WELL

**4.25
HOURS**



MONDAY

45 - 55 MIN
EASY RIDE
@
RPE 2-4

55 MINS

**TUESDAY
REST DAY**

GOOD NUTRITION

WEDNESDAY

25 MINS @
RPE 2

4 X
(1 MINS @ RPE 8
+
2 MIN @ RPE 2)

8 MINS @
RPE 2 - 3

45 MINS

**THURSDAY
REST DAY**

SLEEP WELL

**FRIDAY
REST DAY**

GOOD NUTRITION

SATURDAY

YOU DID IT!

SUNDAY

EVENT DAY

ENJOY THE RIDE

YOU DID IT!



EVENT WEEK

ENDURO SESSIONS X 8



**ALL
INFO
HERE**

**60 - 80 MINS
WEEKLY SESSIONS
JULY 16 TH - SEPT 3RD**

SCIENCE BASED FITNESS FOR EVERYONE



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