

8 WEEKS FTP BOOSTER TRAINING PLAN Advance Level



Overview

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL TIME
Week 1	Rest Day	FTP Test Duration 1.5-1.5h 20min or Ramp Test Find out your Training Zones	Lactate Tolerance 40/20 Duration 1.5-2h 60' @Z1-Z2 2x10' Hill 40s @Z4, 20s @Z2, Rest 10-15min	Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3 5min60rpm/5min105'RPM	Rest Day Yoga 20min	Repeats 5'Hills FTP Duration 2.5-3h 120' @Z1-Z2 2 Series 4x5' @Z4 Hill, Rest 3min, Rest 20min With Series	Hills Accelerations Duration 3.5h 90' @Z1-Z2 4x10' @Z3 1:45min, @Z4 15s, Rest 10-20min 30' @Z3	11h
Week 2	Rest Day	Strength SFR Duration 2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat	Hills 30s VO2 Duration 1.5-2h 60' @Z1-Z2 2 Series 4x30s @max effort, Rest 3min	Flats Accelerations Duration 2h 40' @Z1-Z2 2x20' @Z3 4:45min, @Z5 15s	Rest Day Stretching 20'	Hills 40/20 + 5' FTP 2.5-3h 120' @Z1-Z2 2x10' Hill 40s @Z4, 20s @Z2, Rest 10-15min, 4x5' @Z4 Hill, Rest 3min	Endurance+20' Hill 4h 180' @Z1-Z2 1x20' @Z3 Hill	12-13h
Week 3	Rest Day	Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min	Lactate Tolerance 40/20 Duration 1.5-2h 60' @Z1-Z2 2x10' Hill 40s @Z4, 20s @Z2, Rest 10-15min.	Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3 5min60rpm/5min105'RPM	Rest Day Yoga 20min	VO2 Hill Reps 2-3h 120' @Z1-Z2 6x2' @Z4 Hill Reps, Rest 2min	Hills Alternating Tempo Duration 4h 90' @Z1-Z2 3x20' @Z3 1:50min, @Z4 10s, Rest 15-30min	12-13h
Week 4 <i>Adaptation</i>	Rest Day	Rest Day Yoga 20min	Rest Day/Easy Ride Duration 1h	FTP Test Duration 1-1.5h 20min or Ramp Test	Rest Day	Aerobic Endurance+Hills Duration 2h 100' @Z1-Z2 2x15' @Z3 Hill	Aerobic Endurance Duration 3.5h 180' @Z1-Z2 30' @Z3 Hills	5-7h
Week 5	Rest Day	Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min. Full workout here	Lactate Tolerance 30/15 Duration 1.5-2h 60' @Z1-Z2 3x10' Hill 30s @Z4, 15s @Z2, Rest 10-15min	Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3 any RPM	Rest Day	Repeats 5'Hills FTP Duration 2.5-3h 120' @Z1-Z2 2 Series 4x5' @Z4 Hill, Rest 3min, Rest 20min With Series	Aerobic Endurance+Hills Duration 4h 240' @Z1-Z2 After 3.5h do 1x20' @Z3 Hill	12-13h
Week 6	Rest Day	Flats Low/High Duration 1.5-2h 30' @Z1-Z2 3x8' @Z3 60rpm 2x8' @Z3 105rpm	Hills 30s VO2 Duration 1.5-2h 60' @Z1-Z2 2 Series 4x30s @max effort, Rest 3min	Flexible Day Duration 1.5-2h Ride As You Feel/Bunch Ride	Rest Day Stretching 20'	Hills 40/20 + 5' FTP 2.5-3h 120' @Z1-Z2 2x10' Hill 40s @Z4, 20s @Z2, Rest 10-15min, 5x5' @Z4 Hill, Rest 3min	Hills Alternating Tempo Duration 4h 90' @Z1-Z2 3x20' @Z3 1:50min, @Z4 10s, Rest 15-30min	12-13h
Week 7	Rest Day	Strength SFR Duration 1.5-2h 60' @Z1-Z2 8x4' @Z3 45-55RPM Hill Repeat, Rest 2-3min	Flats Accelerations Duration 2h 40' @Z1-Z2 2x20' @Z3 4:45min, @Z5 15s	Sweet Spot Flats Duration 1.5-2h 40' @Z1 2x20min @Z3, any RPM	Rest Day Stretching 20'	Repeats 5'Hills FTP Duration 2.5-3h 120' @Z1-Z2 2 Series 4x5' @Z4 Hill, Rest 3min, Rest 20min with Series	Hills Alternating Tempo Duration 4h 90' @Z1-Z2 3x20' @Z3 1:45min, @Z4 15s, Rest 15-30min	12-13h
Week 8 <i>Adaptation</i>	Rest Day	Rest Day Yoga 20min	Rest Day/Easy Ride Duration 1h	FTP Test Duration 1-1.5h 20min or Ramp Test	Rest Day	VO2 Hill Reps 2-3h 120' @Z1-Z2 6x2' @Z4 Hill Reps, Rest 2min	Aerobic Endurance Duration 3-3.5 158' @Z1-Z3	5-7h