

Women A Base 2

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-Jan	10.5 hours	Off	2:00 E2 : Endurance ride Zone2 , M1: 30 min Tempo Zone3 on way home.	1:00 E2: Endurance ride	1:30 E2: Endurance ride Zone2 S2: Isolated leg	1:00 E1: Recovery ride Zone2	2:00 E2 : Endurance ride Zone2 , F1 or F4: Add hills or ride in a big gear into the wind do 4x5min, at least 6 min recovery	3:00 E2: Endurance ride Zone2 S1: Spinups
15-Jan	12.5 hours	Off	2:00 E2 : Endurance ride Zone2 , F1 or F4: Add hills or ride in a big gear into the wind do 4x6min, at least 6 min recovery	1:30 E2: Endurance ride	2:00 E2: Endurance ride Zone2 S2: Isolated leg	1:00 E1: Recovery ride Zone2	2 :30 E2 : Endurance ride Zone2 , M1: 45 min Tempo Zone3 on way home.	3:30 E2: Endurance ride Zone2
22-Jan	14.5 hours	Off	2:00 E2 : Endurance ride Zone2 , F1 or F4: Add hills or ride in a big gear into the wind do 4x8min, at least 6 min recovery	2 :30 E2 : Endurance ride	2:00 E2: Endurance ride Zone2 S2: Isolated leg	1:00 E1: Recovery ride Zone2	3:00 E2 : Endurance ride Zone2 , M1: 60 min Tempo Zone3 on way home.	4:00 E2: Endurance ride Zone2 S1: Spinups
29-Jan	7 hours	Off	1:30 E2: Endurance ride Zone2	1:00 E1: Recovery ride Zone2 S1: Spinups	1:30 E2: Endurance ride Zone2	off	2:00 E2: Endurance ride Zone2	1:00 E1: Recovery ride Zone2 S1: Spinups

In the base 2 period we will continue to build our aerobic fitness as in base 1. In addition, we will add some force and muscular endurance workouts. These workouts serve to build on the bike strength used for climbing and will prepare you for the more intense workouts that will come later in the season.

You should try to do the majority of your workouts on the bike, but if the weather is bad/cold, go for a run, etc. As usual you may ride the rollers/trainer, but avoid putting in many consecutive long days riding the bike indoors. My general guidelines are: 1) limit indoor rides to 1 hour sometimes i'll ride 1:30-2:00, but It is rare. 2) if you are limited to riding indoors, you may wish to cut your scheduled hours in half. 3) The daily breakdowns are totally flexible, if you get a nice day use it for your long ride.

Remember that the goal in the base 2 period is to build your on the bike fitness, and develop the strength and endurance needed for the demands of the rest of the season.