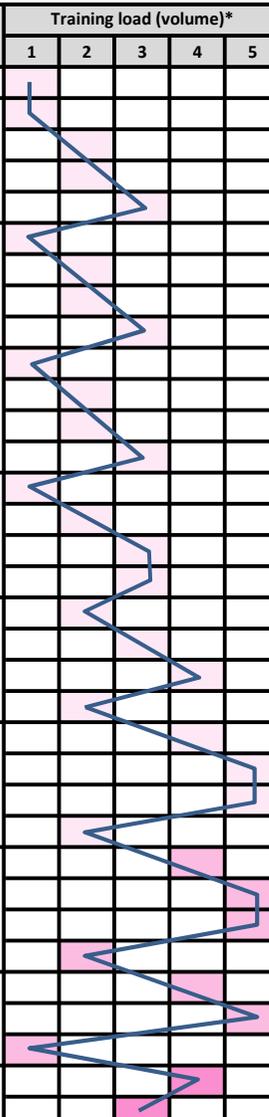


2023 FRAMEWORK TRAINING PLAN FOR THE MARMOTTE ALPS
FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale
				1	2	3	4	5		
Nov	44	Preparation (Polarised)	P1						<p>This is not a plan, but a framework and a set of guidelines. It remains your responsibility to think carefully about what is most appropriate for you.</p> <p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Be consistent: aim at training 8-12h per week on average. 2. Develop your aerobic endurance: increase your weekly long ride progressively to 6h, riding at low intensity (below the first lactate threshold LT1). 3. Develop your fat-burning capacity through moderating your carb intake and avoiding food for the first 2-3h of a long ride. Avoid eating on all rides shorter than 2h. 4. Work on short-term muscular endurance (STME) 5. Aim at a polarised training intensity distribution between 80/20 and 90/10 low/high 6. Make sure you are getting adequate recovery. Monitor RHR and HRV to guide whether or not to do a high-intensity or high-volume session. 7. Include exercises to improve your technical skills e.g. descending, cornering, etc. 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Consistency is vital if you are to make progress 2. Aerobic endurance is by far the most important quality you need to build. If you ride too hard you will create too much fatigue for too little benefit. 3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer 4. STME helps stay with riders at your level during the first hour and stay in a peloton in the valleys. 5. A polarised training intensity distribution has been shown to be more effective than alternatives, during the Preparation phase. 5. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels. 6. This is the best time to build technical skills.
	45									
	46									
	47									
48										
Dec	49		P2							
	50									
	51									
	52									
Jan	1		P3							
	2									
	3									
	4									
Feb	5	P4								
	6									
	7									
	8									
March	9	P5								
	10									
	11									
	12									
	13									
April	14	Pre-competition (Pyramidal)	PC1	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h ride in June. 2. Threshold: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load. 3. Race readiness: sportive or club ride 2/month in May and June 4. Recovery: 1-2 very easy rides/week 5. Test your equipment and nutrition/hydration options <p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 					<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte 2. Long efforts at race pace will develop your climbing ability. 3. Sportives and fast club runs to get comfortable in groups at race pace. 4. It is ESSENTIAL that recovery weeks are easy, to avoid over-training. 5. Test now to avoid disasters in July. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Maintaining flexibility is vital 2. Other activities: as desired to maintain motivation. 3. Sleep and nutrition are essential for recovery and adaptation 4. Travel and stress will negatively affect your ability to train and adapt. 	
	15									
	16									
	17									
May	18	PC2								
	19									
	20									
	21									
June	22	PC3								
	23									
	24									
25	Competition	C1	<p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>					Reduce fatigue: increase form while maintaining fitness		

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

2023 FRAMEWORK TRAINING PLAN FOR THE MARMOTTE ALPS
FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week.		
				1	2	3	4	5			
Nov	44	Preparation (Polarised)	P1	1	2	3	4	5	<p>The workouts are in order of priority: do the first ones first. Only do a high-intensity workout on a day when you feel fresh and ready (ideally, you should monitor this with your RHR (Resting Heart Rate) and HRV (heart Rate Variability) measured first thing in the morning.</p> <p>HIGH VOLUME WEEKS (POLARISED 80/20 or 90/10)</p> <ol style="list-style-type: none"> Low intensity long ride, starting at 2-3hrs and progressing to 6hrs. This ride should feel very easy (at least for the first 2-3h) Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters) STME interval session e.g. 4 x [4'Z4 – 4'Z1] or 8 x [1'Z5 – 1'Z1], progressively increasing the time in zone or the number of intervals. At least 15' warm-up and cool-down. Third low intensity ride 2-3 hrs Recovery ride 1hr <p>RECOVERY WEEKS</p> <ol style="list-style-type: none"> Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs Second low intensity ride, 1-2 hrs Third low intensity ride, 1-2 hrs <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> Gym session mostly focused on core strength and leg strength. Get advice from a specialist. Stretching (e.g. Pilates or Yoga) Second gym session. Second stretching session 		
	45			1	2	3	4	5			
	46			1	2	3	4	5			
	47			1	2	3	4	5			
Dec	48		Preparation (Polarised)	P2	1	2	3	4		5	
	49				1	2	3	4		5	
	50				1	2	3	4		5	
	51				1	2	3	4		5	
Jan	52			Preparation (Polarised)	P3	1	2	3		4	5
	1					1	2	3		4	5
	2					1	2	3		4	5
	3					1	2	3		4	5
Feb	4	Preparation (Polarised)			P4	1	2	3	4	5	
	5					1	2	3	4	5	
	6					1	2	3	4	5	
	7					1	2	3	4	5	
March	8		Preparation (Polarised)		P5	1	2	3	4	5	
	9					1	2	3	4	5	
	10					1	2	3	4	5	
	11					1	2	3	4	5	
April	12			Pre-competition (Pyramidal)	PC1	1	2	3	4	5	
	13					1	2	3	4	5	
	14					1	2	3	4	5	
	15					1	2	3	4	5	
May	16	Pre-competition (Pyramidal)			PC2	1	2	3	4	5	
	17					1	2	3	4	5	
	18					1	2	3	4	5	
	19					1	2	3	4	5	
June	20		Pre-competition (Pyramidal)		PC3	1	2	3	4	5	
	21					1	2	3	4	5	
	22					1	2	3	4	5	
	23					1	2	3	4	5	
June	24			Competition		1	2	3	4	5	<p>GENERAL</p> <p>Maximise your sleep time and quality; ensure high-quality nutrition; keep travel and stress to a minimum</p> <p>Two-week progressive taper in which you reduce the volume by 50%. Plan to arrive in Alpe d'Huez 2-3 days in advance.</p>
	25					1	2	3	4	5	
						1	2	3	4	5	

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)