

## 2024 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	35	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>Please read this framework in conjunction with the Training Guidelines, published as a separate document.</p>					<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Be consistent: aim at training 8-12h per week on average.</li> <li>2. Develop your aerobic endurance: increase your weekly long ride progressively to 6h, riding at low intensity (below the first lactate threshold LT1).</li> <li>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, except for HIT.</li> <li>4. Work on short-term muscular endurance (STME)</li> <li>5. Aim at a polarised training intensity distribution between 80/20 and 90/10 low/high</li> <li>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.</li> <li>7. Include exercises to improve your technical skills e.g. descending, cornering, etc.</li> </ol>	<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Consistency is vital if you are to make progress</li> <li>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.</li> <li>3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer</li> <li>4. Good STME will help you stay with riders at your level during the first hour and stay in a peloton in the valleys.</li> <li>5. A polarised training intensity distribution has been shown to be more effective than alternatives, during the Preparation phase.</li> <li>6. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels.</li> <li>7. This is the best time to build technical skills.</li> </ol>						
	34															
	33															
	32															
Dec	31			Preparation (Polarised)	P2	<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength and conditioning: 2 sessions/week</li> <li>2. Flexibility and stretching: 20 mins 2-3/week</li> <li>3. Complement occasionally with other sports: running, swimming, etc.</li> </ol>					<p><b>OFF THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Gym exercises to improve leg and core strength will make you an all-round stronger cyclist.</li> <li>2. Maintaining flexibility is essential to pedal efficiently and avoid injury.</li> <li>3. Doing the occasional run or swim uses your muscles differently, combats boredom and contributes to overall fitness.</li> </ol>					
	30															
	29															
	28															
Jan	27					Preparation (Polarised)	P3	<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h+ ride in June.</li> <li>2. Sweet-spot: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load.</li> <li>3. Race readiness: sportive or club ride 2/month in May and June</li> <li>4. Recovery: 1-2 very easy rides/week</li> <li>5. Test your equipment and nutrition/hydration options</li> </ol>					<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte</li> <li>2. Long efforts at race pace will develop your climbing ability.</li> <li>3. Sportives and fast club runs to get comfortable in groups at race pace.</li> <li>4. It is ESSENTIAL that recovery weeks are easy, to avoid over-training.</li> <li>5. Test now to avoid disasters in July.</li> </ol>			
	26															
	25															
	24															
Feb	23	Preparation (Polarised)	P4					<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>						<p><b>OFF THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Maintaining flexibility is vital</li> <li>2. Other activities as desired to maintain movement and motivation.</li> <li>3. Sleep and nutrition are essential for recovery and adaptation</li> <li>4. Travel and stress will negatively affect your ability to train and adapt.</li> </ol>		
	22															
	21															
	20															
March	19			Pre-competition (Pyramidal)	P5			<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h+ ride in June.</li> <li>2. Sweet-spot: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load.</li> <li>3. Race readiness: sportive or club ride 2/month in May and June</li> <li>4. Recovery: 1-2 very easy rides/week</li> <li>5. Test your equipment and nutrition/hydration options</li> </ol>							<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte</li> <li>2. Long efforts at race pace will develop your climbing ability.</li> <li>3. Sportives and fast club runs to get comfortable in groups at race pace.</li> <li>4. It is ESSENTIAL that recovery weeks are easy, to avoid over-training.</li> <li>5. Test now to avoid disasters in July.</li> </ol>	
	18															
	17															
	16															
April	15					Pre-competition (Pyramidal)	PC1	<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>					<p><b>OFF THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Maintaining flexibility is vital</li> <li>2. Other activities as desired to maintain movement and motivation.</li> <li>3. Sleep and nutrition are essential for recovery and adaptation</li> <li>4. Travel and stress will negatively affect your ability to train and adapt.</li> </ol>			
	14															
	13															
	12															
May	11	Pre-competition (Pyramidal)	PC2					<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h+ ride in June.</li> <li>2. Sweet-spot: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load.</li> <li>3. Race readiness: sportive or club ride 2/month in May and June</li> <li>4. Recovery: 1-2 very easy rides/week</li> <li>5. Test your equipment and nutrition/hydration options</li> </ol>						<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte</li> <li>2. Long efforts at race pace will develop your climbing ability.</li> <li>3. Sportives and fast club runs to get comfortable in groups at race pace.</li> <li>4. It is ESSENTIAL that recovery weeks are easy, to avoid over-training.</li> <li>5. Test now to avoid disasters in July.</li> </ol>		
	10															
	9															
	8															
June	7			Pre-competition (Pyramidal)	PC3			<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>							<p><b>OFF THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Maintaining flexibility is vital</li> <li>2. Other activities as desired to maintain movement and motivation.</li> <li>3. Sleep and nutrition are essential for recovery and adaptation</li> <li>4. Travel and stress will negatively affect your ability to train and adapt.</li> </ol>	
	6															
	5															
	4															
June	3					Competition	C1	<p>Taper: reduce volume by 25% two weeks out and by 50% or more the last week.</p>					<p>Reduce fatigue: increase form while maintaining fitness</p>			
	2															
	1															

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

## 2024 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	35	Preparation (Polarised)	P1							<p>The workouts are in order of priority: <b>do the first ones first</b>. However, make sure you 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><b>HIGH VOLUME WEEKS (POLARISED 80/20 or 90/10)</b></p> <ol style="list-style-type: none"> <li>1. Low intensity long ride, starting at 2-3hrs and progressing to 6hrs by March. This ride should feel very easy (at least for the first 2-3h)</li> <li>2. Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters)</li> <li>3. STME interval session e.g. 2 x [10'Z3 - 5'Z1] Initially, later 4 x [5'Z4 – 5'Z1] or 8 x [2'Z5 – 2'Z1], progressively increasing the time in zone or the number of intervals. At least 15' warm-up and cool-down.</li> <li>4. Third low intensity ride 2-3 hrs</li> <li>5. Recovery ride 1hr</li> </ol> <p><b>RECOVERY WEEKS</b></p> <ol style="list-style-type: none"> <li>1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs</li> <li>2. Second low intensity ride, 1-2 hrs</li> <li>3. Third low intensity ride, 1-2 hrs</li> </ol> <p><b>STRENGTH &amp; CONDITIONING</b></p> <ol style="list-style-type: none"> <li>1. Gym session mostly focused on core strength and leg strength. To prevent injury, get advice from a specialist.</li> <li>2. Stretching (e.g. Pilates or Yoga). To prevent injury, get advice from a specialist.</li> <li>3. Second gym session.</li> <li>4. Second stretching session</li> </ol>	
	34										
	33										
	32										
Dec	31			P2							
	30										
	29										
	28										
Jan	27			P3							
	26										
	25										
	24										
Feb	23		P4								
	22										
	21										
	20										
March	19		P5								
	18										
	17										
	16										
April	15	Pre-competition (Pyramidal)	PC1							<p><b>HIGH VOLUME WEEKS (PYRAMIDAL 70/20/10)</b></p> <ol style="list-style-type: none"> <li>1. Low intensity long ride, 5-6hrs, progressing to 8+hrs in one ride by mid-June, as much climbing as possible</li> <li>2. Sweetspot or sub-threshold interval session e.g. 4 x 10'Z3/Z4 or 3 x 15'Z3/Z4 or 2 x 20'Z3/Z4. Do this on climbs during a 2-4hr ride. Progressively increase the time in zone or no. of intervals. Alternative: Sportive or club ride 2/month in May and June</li> <li>3. Second low intensity long ride, 2-3hrs, progressing to 5hrs, including climbs</li> <li>4. Recovery ride 1-2hrs (flat)</li> </ol> <p><b>RECOVERY WEEKS:</b> As per Preparation phase</p> <p><b>STRENGTH &amp; CONDITIONING</b></p> <ol style="list-style-type: none"> <li>1. One leg and core strength maintenance session per week.</li> <li>2. One or better two stretching sessions (e.g. Pilates or Yoga)</li> </ol> <p><b>GENERAL</b></p> <p>Maximise your sleep time and quality; ensure high-quality nutrition; keep travel and stress to a minimum</p>	
	14										
	13										
	12										
May	11			PC2							
	10										
	9										
	8										
June	7			PC3							
	6										
	5										
	4										
June	3	Competition									
	2										
	1										

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