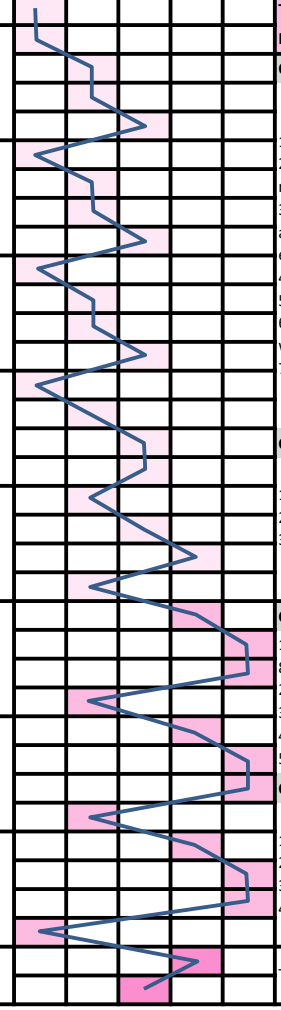
Alpine Cols
CRANK UP THE POWER

2025 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	**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.**	
					Please read this framework in conjunction with the Training Guidelines, published as a separate document.	
Nov	34	**Preparation** (Polarised)	P1		**ON THE BIKE - WHAT**	**ON THE BIKE - WHY**
	33				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 2h of a long ride. Avoid eating on all rides shorter than 2h, except for HIT. 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.	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. Good STME will help you 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. 6. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels. 7. This is the best time to build technical skills.
	32					
	31					
	30		P2			
Dec	29					
	28					
	27					
	26		P3			
Jan	25					
	24					
	23					
	22		P4			
	21					
Feb	20				**OFF THE BIKE - WHAT**	**OFF THE BIKE - WHY**
	19				1. Strength and conditioning: 2 sessions/week 2. Flexibility and stretching: 20 mins 2-3/week 3. Complement occasionally with other sports: running, swimming, etc.	1. Gym exercises to improve leg and core strength will make you an all-round stronger cyclist. 2. Maintaining flexibility is essential to pedal efficiently and avoid injury. 3. Doing the occasional run or swim uses your muscles differently, combats boredom, reduces the risk of injury and contributes to overall fitness.
	18					
	17		P5			
March	16					
	15					
	14	**Pre-competition** (Pyramidal)	PC1		**ON THE BIKE- WHAT**	**ON THE BIKE - WHY**
	13				1. Aerobic endurance: continuing long low-intensity rides, progressing to at least one 7-8h+ ride in June. 2. Sweet-spot: 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	1. Continue developing aerobic endurance and fat burning capacity as the most important qualities for the Marmotte 2. Long efforts at (your) 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.
	12					
April	11					
	10		PC2			
	9					
	8				**OFF THE BIKE - WHAT**	**OFF THE BIKE - WHY**
	7				1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: swim, walk, etc. highly recommended 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress	1. Maintaining flexibility is vital 2. Other activities as desired to maintain movement and motivation. 3. Sleep and nutrition are essential for recovery and adaptation 4. Travel and stress will negatively affect your ability to train and adapt.
	6					
May	5		PC3			
	4					
	3					
June	2	Competition	C1		Taper: reduce volume by 25% two weeks out and by 50% or more the last week.	Reduce fatigue: increase form while maintaining fitness
	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)

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2025 FRAMEWORK TRAINING PLAN FOR THE MARMOTTE ALPS
FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)* 1	2	3	4	5	Typical training week.
		Preparation (Polarised)							The workouts are in order of priority: **do the first ones first.** 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). **HIGH VOLUME WEEKS (POLARISED 80/20 or 90/10)** 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) 2. Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters) 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. 4. Third low intensity ride 2-3 hrs 5. Recovery ride 1hr **RECOVERY WEEKS** 1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs 2. Second low intensity ride, 1-2 hrs 3. Third low intensity ride, 1-2 hrs **STRENGTH & CONDITIONING** 1. Gym session mostly focused on core strength and leg strength. To prevent injury, get advice from a specialist. 2. Stretching (e.g. Pilates or Yoga). To prevent injury, get advice from a specialist. 3. Second gym session. 4. Second stretching session
Nov	34		P1						
	33								
	32								
	31								
	30		P2						
Dec	29								
	28								
	27								
	26		P3						
Jan	25								
	24								
	23								
	22		P4						
	21								
Feb	20								
	19								
	18								
	17		P5						
	16								
March	15								
	14	Pre-competition (Pyramidal)	PC1						**HIGH VOLUME WEEKS (PYRAMIDAL 70/20/10)** 1. Low intensity long ride, 5-6hrs, progressing to 8+hrs in one ride by mid-June, as much climbing as possible 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 3. Second low intensity long ride, 2-3hrs, progressing to 5hrs, including climbs 4. Recovery ride 1-2hrs (flat) **RECOVERY WEEKS:** As per Preparation phase **STRENGTH & CONDITIONING** 1. One leg and core strength maintenance session per week. 2. One or better two stretching sessions (e.g. Pilates or Yoga) **GENERAL** Maximise your sleep time and quality; ensure high-quality nutrition; keep travel and stress to a minimum
	13								
	12								
April	11								
	10		PC2						
	9								
	8								
	7								
May	6		PC3						
	5								
	4								
	3								
June	2	Competition							Two-week progressive taper in which you reduce the volume by 50%. Some people benefit from intensity in the last week, others do not.
	1								Plan to arrive in Alpe d'Huez 2-3 days in advance.

* 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)