

# CYCLING TRAINING PLAN

## BY TEAM ARGOS-SHIMANO

### Training Plan 6 WEEKS

For those who want to improve cycling performance. Plan includes endurance cycling and intervals.

## Train like the pro's

Pro riders use the RC3 GPS Tour De France training computer. It is the official training device of riders from Team Argos-Shimano. This training plan has been developed by the Trainer and Coach Adriaan Helmantel, to help you improve your cycling performance so that you can stay ahead of the pack.

Enjoy the ride with your new Polar RC3 GPS Tour de France!



**Iwan Spekenbrink,**  
Team Manager  
Team Argos-Shimano

"There are so many elements that need to come together to bring a team to peak performance for the Tour De France: training, rest, race-strategy, team-spirit, nutrition and some luck of course.

Polar's products, like the RC3 GPS Tour De France training computer, are an essential part of our preparation and in-race tactics. They tell us, in real-time, how our riders are performing and how much more they can give."

## Training Levels:

Look out for these five levels of training throughout the plan.

Intensity	Very Light	Light	Moderate	Hard	Maximum
% HRmax	50-60% <i>Used for recovery and warm downs</i>	60-70%	70-80%	80-90%	90-100% <i>Pushing yourself to the maximum, only used for short bursts</i>

## week one & two GETTING STARTED

This week felt...

(use this space to make  
notes on how you felt and  
track your progress)



Mon	<b>90 min</b> Cadence 85–95 RPM	<b>Aim for:</b> (% of HRmax) 20 min <b>50-60%</b> warm up 50 min <b>60-70%</b> 20 min <b>50-60%</b> cool down	<input type="checkbox"/> complete <input type="checkbox"/> complete
Tues	Rest	(use these boxes to mark completed sessions)	<input checked="" type="checkbox"/> complete
Weds	<b>150 min</b> Cadence about 90 RPM	<b>Aim for:</b> (% of HRmax) 30 min <b>50-60%</b> warm up 45 min <b>60-70%</b> 15 min <b>50-60%</b> 30 min <b>60-70%</b> 30 min <b>50-60%</b> cool down	<input type="checkbox"/> complete <input type="checkbox"/> complete
Thurs / Fri	Rest		
Sat	<b>180 min</b> Cadence 90 RPM	<b>Aim for:</b> (% of HRmax) 30 min <b>50-60%</b> warm up 45 min <b>70-80%</b> (cadence 90–110) 30 min <b>50-60%</b> 45 min <b>60-70%</b> (cadence 90–110) 30 min <b>50-60%</b> cool down 5x5 min with 5 min 50-60 % (cad 80-90) in between incl 5 sprints of 10 sec (4 min in between)	<input type="checkbox"/> complete <input type="checkbox"/> complete
Sun	Rest		

## week three BUILDING STRENGTH (hard week)

This week felt...

Mon	<b>120 min</b> Cadence 80–90 RPM	<b>Aim for:</b> (% of HRmax) 30 min <b>50-60%</b> warm up 60 min <b>60-70%</b> 30 min <b>50-60%</b> cool down	<input type="checkbox"/> complete
Tues	Rest		
Weds	<b>90 min</b> Cadence about 90 RPM	<b>Aim for:</b> (% of HRmax) 30 min <b>50-60%</b> warm up 44 min <b>60-70%</b> (cadence 60–70) 20 min <b>50-60%</b> cool down 4x6 min with 5 min rest in between	<input type="checkbox"/> complete
Thurs	Rest		
Fri	<b>150 min</b> Cadence about 80–90 RPM	<b>Aim for:</b> (% of HRmax) 30 min <b>50-60%</b> warm up 46 min <b>70-80%</b> (cadence 90–110) 20 min <b>50-60%</b> 30 min <b>60-70%</b> (cadence 90–110) 25 min <b>50-60%</b> cool down 5x6 min with 4 min 50-60 % (cad 80-90) in between incl 5 sprints of 10 sec (4 min in between)	<input type="checkbox"/> complete
Sat	Rest		
Sun	<b>240 min</b> Cadence about 90 RPM	<b>Aim for:</b> (% of HRmax) 45 min <b>50-60%</b> warm up 60 min <b>60-70%</b> 30 min <b>50-60%</b> 60 min <b>60-70%</b> 45 min <b>50-60%</b> cool down	<input type="checkbox"/> complete

### Tip:

Weight training is an essential part to improve your cycling performance.



week four & five

BUILDING STRENGTH

This week felt...

Tip:

Now would be a great time to do a Fitness Test, which is built into the RC3 GPS and many other Polar products. It measures your fitness level in only five minutes!

Mon	Rest
Tues	<div><div>90 min</div><div>Cadence 90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>20 min</div><div>50-60%</div><div>warm up</div></div><div><div>50 min</div><div>60-70%</div><div></div></div><div><div>20 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>complete</div><div>complete</div></div>
Weds	Rest
Thurs	<div><div>120 min</div><div>Cadence 90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>30 min</div><div>50-60%</div><div>warm up</div></div><div><div>60 min</div><div>60-70%</div><div>(cadence 60-70)</div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>6x6 min with with 4 min rest in between</div></div> <div><div>complete</div><div>complete</div></div>
Fri	Rest
Sat	<div><div>240 min</div><div>Cadence 80-90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>45 min</div><div>50-60%</div><div>warm up</div></div><div><div>30 min</div><div>60-70%</div><div></div></div><div><div>30 min</div><div>50-60%</div><div></div></div><div><div>46 min</div><div>70-80%</div><div>(cadence 90-110)</div></div><div><div>60 min</div><div>60-70%</div><div></div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>6x12 sec sprint with 5 min rest in between</div><div>5x6 min with 4 min 50-60 % (cad 80-90) in between</div></div> <div><div>complete</div><div>complete</div></div>
Sun	Rest

week six

ENDURANCE TRAINING

(hard week)

This week felt...

6

Fancy another challenge?  
Log onto [polarpersonaltrainer.com](#) and there are a range of plans that use your data to create completely personalized training schedules.

Mon	<div><div>120 min</div><div>Cadence 80-90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>30 min</div><div>50-60%</div><div>warm up</div></div><div><div>60 min</div><div>60-70%</div><div></div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>complete</div></div>
Tues	Rest
Weds	<div><div>105 min</div><div>Cadence about 90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>30 min</div><div>50-60%</div><div>warm up</div></div><div><div>44 min</div><div>60-70%</div><div>(cadence 60-70)</div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>4x8 min with 4 min rest in between</div></div> <div><div>complete</div></div>
Thurs	Rest
Fri	<div><div>150 min</div><div>Cadence 80-90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>30 min</div><div>50-60%</div><div>warm up</div></div><div><div>27 min</div><div>60-70%</div><div></div></div><div><div>30 min</div><div>50-60%</div><div></div></div><div><div>30 min</div><div>80-90%</div><div>(cadence 90-110)</div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>6x15 sec sprints (uphill) with 5 min rest in between</div></div> <div><div>complete</div></div>
Sat	Rest
Sun	<div><div>300 min</div><div>Cadence about 90 RPM</div></div> <div><div>Aim for: (% of HRmax)</div><div><div>60 min</div><div>50-60%</div><div>warm up</div></div><div><div>60 min</div><div>70-80%</div><div>(cadence 100-110)</div></div><div><div>30 min</div><div>50-60%</div><div></div></div><div><div>120 min</div><div>60-70%</div><div></div></div><div><div>30 min</div><div>50-60%</div><div>cool down</div></div></div> <div><div>5x8 min with 5min 50-60 % (cad 80-90) in between</div></div> <div><div>complete</div></div>