



Intermediate Training Plan

Welcome

Hello everyone,

Welcome to training with Cigala cycling.

I'm glad you have chosen me to help you get fitter for the Ring of Beara.

My goal is not just to make you stronger but also to provide a fun experience in the next 12 weeks along with giving you some of my best advice for on and off the bike.

In the next 12 weeks, we will focus on different areas of training to ensure on the event day, you will be ready. We will increase volume and intensity gradually.

I am here to help achieve your goals using the latest cutting-edge technology, science and support blended with my 25+ years experience in the sport, between racing all my life and coaching for over a decade thousands of athletes from different disciplines.

I am a perfectionist and obsessed by performance by nature. My experience in coaching goes beyond science and books; it is taken to the next level by having a full understanding of the physical and physiological aspects of being an athlete.

If at any time, you wish a personalised training plan or simply have any questions, please don't hesitate to contact me, I am always happy to help.

#TrainSmarterRideFaster

Safe cycling,

Matteo Cigala
Head Coach at Cigala Cycling



WEEK 1

Monday	Rest Day		Link
Tuesday 55m	15 min 5 min 5 min Recovery 20 min Test 10 min Cool Down After that, set your zones For Heart Rate (HR) take the 20 min avg heart rate, decrease the result by 5%. This is your FTTHR. Enter the number in the appropriate section at the link below. For power, you can simply enter your avg power. After that, remember to write down your training zones.	@ 90-100 RPM progressive warm up effort at 80% @ 80-90 RPM @ 90-100 RPM 100% @ free cadence @ 90-100 RPM	Link
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 49m	10 min 4x5 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 80-90 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 2h 23m	50 min 4x8 min Zone 3, alternating - 1 min - 1 min 50 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM (5 min recovery in between sets @90-100 RPM) @ 90-100 RPM	

WEEK 2

Monday	Rest Day		Link
Tuesday 56m	10 min 3 min Zone 4 3 min Zone 1 2x10 min, alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (10 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 54m	10 min 3x8 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 2h 20m	50 min 2x15 min Zone 3 Piramidal. 50 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (10 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	

WEEK 3

Monday	Rest Day		Link
Tuesday 52m	10 min 3 min Zone 4 3 min Zone 1 2x8 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (10 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5 @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 60m	10 min 3x10 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 2h 27m	50 min 4x8 min Zone 3, alternating - 1 min - 1 min 50 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	

WEEK 4

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 min, alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 55m	10 min 2x15 min Zone 3 Piramidal 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 3h	Endurance Ride Zone 2 Include 2x8 min Zone 3	@ 90-100 RPM @ 80-90 RPM on FLAT	

WEEK 5

Monday

Rest Day

[Link](#)

Tuesday
54m

10 min
3 min Zone 4
3 min Zone 1
3x6 min, alternating
- 30 sec Zone 5
- 30 sec Zone 1
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 90 RPM
@ 100-110 RPM
@ free cadence (5 min recovery in between sets @ 90-100 RPM)
if using power on this session is Zone 6, not Zone 5

@ 90-100 RPM

Wednesday
45m

Stretching Exercises
1-17

[Link](#)

Thursday
49m

10 min
4x5 min Zone 3
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM)
@ 90-100 RPM

Friday
45m

Core Exercises
18-37

[Link](#)

Saturday
60m

Optional Active Recovery Ride
Zone 2

@ 90-100 RPM

Sunday
3h

Endurance Ride
Zone 2
Include 2x10 min Zone 3

@ 90-100 RPM
@ 80-90 RPM on CLIMB

WEEK 6

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 min High Zone 3 / Low Zone 4 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 45m	10 min 3 min Zone 4 3 min Zone 1 3x sets of 3 consecutive sprints (10 secs sprint – 50 secs recovery) 5 min recovery in between sets) 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 3h 30m	Endurance Ride Zone 2 Include 4x SFR	@ 90-100 RPM (On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min	

WEEK 7

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8min, alternating - 30 secs High Zone 4 - 1 min 30 secs Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-90 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 49m	10 min 4x5 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 3h 30m	Endurance Ride Zone 2 Aim 1500mt elevation gain Include 3x10 min Zone 3, alternating - 1 min seated - 1 min out of the saddle	@ 90-100 RPM @ 80-90 RPM on CLIMB	

WEEK 8

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8min High Zone 3 / Low Zone 4 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM First set @ 60-65 RPM Second set @ 75-80 RPM Third set @ 95-100 RPM 5 min recovery in between sets @ 90-100 RPM @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 45m	10 min 3 min Zone 4 3 min Zone 1 3x sets of 3 consecutive sprints (10 secs sprint – 50 secs recovery) 5 min recovery in between sets 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 4h	Endurance Ride Zone 2 Include 5x SFR	@ 90-100 RPM (On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min	

WEEK 9

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 min High Zone 3 / Low Zone 4 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 45m	10 min 3 min Zone 4 3 min Zone 1 3x sets of 3 consecutive sprints (10 secs sprint – 50 secs recovery) 5 min recovery in between sets) 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 4h	Endurance Ride Zone 2 Aim 1500mt elevation gain Climbs at Zone 3	@ 90-100 RPM @ 80-90 RPM	

WEEK 10

Monday	Rest Day		Link
Tuesday 60m	10 min 3 min Zone 4 3 min Zone 1 3x8 min, alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 55m	10 min 3x8 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 1h 30m	Optional Active Recovery Ride Zone 2	@ 90-100 RPM	
Sunday 4h 30m	Endurance Ride Zone 2 Include 5x SFR	@ 90-100 RPM (On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min	

WEEK 11

Monday	Rest Day		Link
Tuesday 54m	10 min 3 min Zone 4 3 min Zone 1 3x6 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5. @ 90-100 RPM	
Wednesday 45m	Stretching Exercises 1-17		Link
Thursday 54m	10 min 4x5 min Zone 3 10 min Cool Down	@ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM	
Friday 45m	Core Exercises 18-37		Link
Saturday 4h 30m	Endurance Ride Zone 2 Climbs at Zone 3	@ 90-100 RPM Aim 2000mt elevation gain @ 80-90 RPM	
Sunday	Rest Day		Link

WEEK 12

Monday
60m

Active Recovery Ride
Zone 2

@ 90-100 RPM

Tuesday
51m

10 min
3 min Zone 4
3 min Zone 1
2x10min, alternating
- 30 secs High Zone 4
- 1 min 30 secs Zone 3
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 90 RPM
@ 100-110 RPM
@ 85-90 RPM (5 min recovery in between sets @ 90-100 RPM)

@ 90-100 RPM

Wednesday
60m

Active Recovery Ride
Zone 2

@ 90-100 RPM

Thursday
49m

Stretching Exercises
1-17

[Link](#)

Friday
60m

Optional Active Recovery Ride
Zone 2

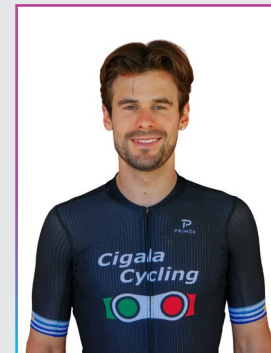
@ 90-100 RPM, include 3x10 seconds activation bursts
(sprint at 80% at high cadence)

Saturday

Ring of Beara

Sunday

Rest Day



Created By

Matteo Cigala
Founder & Head Coach Cigala Cycling

+353 83 477 7697
matteo@cigalacycling.com
cigalacycling.com