



Personalized training

This plan is specific to your needs and your training schedule



Training plan included

We calculate the best daily, weekly, monthly plan for you



Matched optimal zwift routes

We find the best Zwift route to match your workout, everyday



Zwift workouts not needed

Our training is based on free rides, or group rides, not workout mode



Your Personalized Plan

INPUTS



TRAINING
PYRAMIDAL

HOURS
5 HRS/WK

DAYS OFF
WED,SAT

WORLDS
SCHEDULED

W/KG
3.03

INTRODUCTION

Although training using Zwift is fun, progress will be improved if you apply a structured training plan to your rides, but what exactly should you do?

We will take care of the hard work for you! There is no need to try and find zwift workouts or training specific zwift races

We match an optimal training style (aka TID = training intensity distribution) against your goals

We combine that with your chosen hours per week and days per week taking into account build vs rest periods

We also work out the intensity of each ride leading to a 'time-in-zone' calculation. Combine these elements and voilà, you have a workout plan

But that's not all, we match that plan against every available Zwift course and give you a target time and suitable watts for your chosen workout.

Remember this is personalized, you can decide on the hours, days, courses and even the training style (but we will make a recommendation).

Questions? zwiftplan@gmail.com

WORKOUT SESSIONS

These are the sessions that may appear in your zwiftPLAN (they do not require workout mode, just ride at the prescribed watts)



An **Endurance** ride is designed to improve aerobic power and long distance ability



A **SweetSpot** ride is designed to improve all-round ability at tempo (12% below threshold)



A **Threshold** ride is designed to improve all-round ability just below FTP



A **HIT** ride is a hard effort designed to improve supra-threshold intensity, around 6% above FTP



This is a **VO2max Interval** session to improve anaerobic sprint ability as on & off efforts



A **Mixed** ride is designed to improve all-round ability across all zones to enhance repeatability



A **Recovery** ride is designed to aid recuperation and fatigue by riding medium distance at low intensity



Oh yes, there is also a **Day-Off**, when no doubt we will find you in the gym right?


































YOUR TRAINING ZONES

Our recommended rides conform to the following classic training zones based around your FTP

YOUR FTP
230.0

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 3
PERCENTAGE	≤55%	≤75%	≤90%	≤105%	<120%	≤150%	88%-93%
LOWER LIMIT	0.0 watts	128.8 watts	174.8 watts	209.3 watts	243.8 watts	278.3 watts	202.4 watts
UPPER LIMIT	128.8 watts	174.8 watts	209.3 watts	243.8 watts	278.3 watts	347.3 watts	216.2 watts
	Recovery	Endurance	Tempo	Threshold	VO2max	Anaerobic	SweetSpot

DAILY SESSIONS

	DATE	DAY	RIDE TIME	INTENSITY	OPTIMAL ROUTE	
	<i>This is the route you should complete if you follow the workout</i>					
	28-Feb-22	Monday	33.5 mins	Zone 4	Serpentine 8 (Watopia) [19.2km 11.9mi]	
	01-Mar-22	Tuesday	54.5 mins	Zone 2	Hilly Route (Watopia) [27.3km 17mi] 3 laps	
	02-Mar-22	Wednesday	0 mins		Day-Off	
	03-Mar-22	Thursday	72.5 mins	Zone 2	Whole Lotta Lava (Watopia) [36.9km 22.9mi] 3 laps	
	04-Mar-22	Friday	26.5 mins	Zone 4	Jungle Circuit (Watopia) [15.8km 9.8mi] 2 laps	
	05-Mar-22	Saturday	0 mins		Day-Off	
	06-Mar-22	Sunday	115 mins	Zone 2	Sand and Sequoias (Watopia) [60.6km 37.7mi] 3 laps	
	07-Mar-22	Monday	60.5 mins	Zone 4	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	08-Mar-22	Tuesday	54 mins	Zone 2	Hilly Route (Watopia) [27.3km 17mi] 3 laps	
	09-Mar-22	Wednesday	0 mins		Day-Off	
	10-Mar-22	Thursday	66.5 mins	Zone 2	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	11-Mar-22	Friday	14 mins	Zone 5	Hilly Route (Watopia) [9.1km 5.7mi]	
	12-Mar-22	Saturday	0 mins		Day-Off	
	13-Mar-22	Sunday	109 mins	Zone 2	Serpentine 8 (Watopia) [57.6km 35.8mi] 3 laps	
	14-Mar-22	Monday	32.5 mins	Zone 4	Ocean Lava Cliffside Loop (Watopia) [19km 11.8mi]	
	15-Mar-22	Tuesday	57 mins	Zone 2	Figure 8 (Watopia) [29.8km 18.5mi]	
	16-Mar-22	Wednesday	0 mins		Day-Off	
	17-Mar-22	Thursday	70 mins	Zone 2	Beach Island Loop (Watopia) [38.4km 23.9mi] 3 laps	
	18-Mar-22	Friday	32 mins	Zone 4	Ocean Lava Cliffside Loop (Watopia) [19km 11.8mi]	
	19-Mar-22	Saturday	0 mins		Day-Off	
	20-Mar-22	Sunday	116.5 mins	Zone 2	Sand and Sequoias (Watopia) [60.6km 37.7mi] 3 laps	
	21-Mar-22	Monday	61 mins	Zone 4	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	22-Mar-22	Tuesday	54 mins	Zone 2	Hilly Route (Watopia) [27.3km 17mi] 3 laps	
	23-Mar-22	Wednesday	0 mins		Day-Off	
	24-Mar-22	Thursday	67 mins	Zone 2	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	25-Mar-22	Friday	14 mins	Zone 5	Hilly Route (Watopia) [9.1km 5.7mi]	
	26-Mar-22	Saturday	0 mins		Day-Off	
	27-Mar-22	Sunday	107 mins	Zone 2	Ocean Lava Cliffside Loop (Watopia) [57km 35.4mi] 3 laps	

Plan your Training Using ZwiftPLAN

A simple way to do structured training using Zwift Routes!

ZwiftPLAN: TRAINING SCIENCE

Training science is a complicated business, just look at all the arguments online! Here we are going to take a pragmatic approach, sticking with the fundamentals.

Essential equation for training adaptation:

$$\text{stimulus} + \text{rest} = \text{gains}$$

But here is the problem

Strong	stimulus	=	risk of burnout
Weak	stimulus	=	slow progress
Too much	rest	=	detraining
Too little	rest	=	fatigue



So we need to find the optimal training stimulus and the optimal rest. This optimal prescription is personal to you but there are some lessons from science.

Starting slowly, and building gradually is generally better than over-reaching

Adding 10% training load per month or less is a good ballpark for a build phase, but consolidation and rest phases are also needed

Polarized, HIT and Pyramidal plans currently have more scientific evidence compared to (mostly) threshold or (mostly) sweetspot

ZwiftPLAN: TRAINING INTENSITY DISTRIBUTION

Based on the science above, here is an overview of the optimal training style based on your inputs, from weeks 1 and 2

WEEK#1		POL	CUSTOM	THR/SW	HIT	BASE	PYR		WEEK#1
		<i>Most Popular</i>	<i>Personalized</i>	<i>Worst Choice</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
MON	TID	HIIT Interval	HIIT Interval	Threshold	HIIT Interval	Threshold	Threshold	...session	MON
		35mins	37mins	40mins	37mins	13mins	34mins		
TUE	TID	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	...session	TUE
		46mins	47mins	52mins	67mins	49mins	55mins		
WED	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	...session	WED
		0mins	0mins	0mins	0mins	0mins	0mins		
THU	TID	Endurance	Endurance	Endurance	HIIT Interval	Endurance	Endurance	...session	THU
		60mins	62mins	69mins	27mins	65mins	73mins		
FRI	TID	Endurance	Mixed	Threshold	HIIT Interval	Endurance	Threshold	...session	FRI
		66mins	58mins	31mins	29mins	71mins	27mins		
SAT	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	...session	SAT
		0mins	0mins	0mins	0mins	0mins	0mins		
SUN	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance	...session	SUN
		96mins	98mins	110mins	142mins	104mins	115mins		
	TIZ	65:10:25	67:11:22	63:30:07	50:05:45	80:10:10	65:25:10		
		5.00	5.00	5.00	5.00	5.00	5.00	Time (hrs)	
	TSS	293.8	308.1	301.8	351.5	266.9	295.3		

WEEK#2		POL	CUSTOM	THR/SW	HIT	BASE	PYR		WEEK#2
		<i>Most Popular</i>	<i>Personalized</i>	<i>Worst Choice</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
MON	TID	Threshold	Threshold	Threshold	Threshold	HIIT Interval	Threshold	...session	MON
		29mins	45mins	73mins	27mins	17mins	61mins		
TUE	TID	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	...session	TUE
		58mins	54mins	52mins	78mins	49mins	54mins		
WED	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	...session	WED
		0mins	0mins	0mins	0mins	0mins	0mins		
THU	TID	Endurance	Endurance	Endurance	HIIT Interval	Endurance	Endurance	...session	THU
		71mins	67mins	65mins	19mins	60mins	67mins		
FRI	TID	HIIT Interval	HIIT Interval	HIIT Interval	HIIT Interval	Endurance	HIIT Interval	...session	FRI
		31mins	30mins	10mins	26mins	82mins	14mins		
SAT	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	...session	SAT
		0mins	0mins	0mins	0mins	0mins	0mins		
SUN	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance	...session	SUN
		117mins	109mins	106mins	157mins	98mins	109mins		
	TIZ	65:10:25	60:30:10	63:30:07	50:05:45	80:10:10	65:25:10		
		5.06	5.05	5.05	5.08	5.05	5.05	Time (hrs)	TOTAL
	TSS	310.1	318.9	315.7	324.0	278.0	312.7		

Why ZwiftPLAN?

We hope you will agree that we have built a clever tool that will help you with your training.

Sure, you can just do free rides or races everyday but is that honestly the best long term approach?

The answer is structured training (<https://pubmed.ncbi.nlm.nih.gov/28350537/>)

The problem with structured training is that it is a real headache to plan.

What duration? what intensity? what degree of progression? How many rest days?, which route ? Luckily ZwiftPLAN will take care of all of that.

ZwiftPLAN will actually work out the optimal training using scientific principles (TID, time-in-zone, work/rest ratio and periodization)

We will send you our recommended training style but you can overrule this, if you wish (eg swap pyramidal training for HIT)

Also you can tell us the courses you like (eg I don't want to ride Richmond), and you can tell us your riding preference (eg I ride MTB! or I ride TT)

So, ZwiftPLAN works out the optimal training calendar and training style then deep-dive into your sessions on a daily basis to find the best route.

ZwiftPLAN:FAQ

Here is a short FAQ about things you might want to ask

1. What do I need to get started?

Just a bike, zwift and a ZwiftPLAN

2. Do I have to train every day, precisely as is prescribed?

No, what we show you the 'ideal plan' with a full calendar but it is ok to skip a day or two if tired, or recovering. In fact we recommend this, look after yourself!

3. Should I follow the exact watts that are recommended?

Assuming your FTP is entered correctly, the recommended watts should place you in the right training zone.

But if you want to come out of that zone because you feel stronger (or weaker) on any session, try adjusting the watts by 5% initially

4. Can I ride further than the prescribed session?

Sure why not, just remember there is another session coming up! Also if you are finding the sessions too easy, maybe it is time for an FTP test again!

5. Can I enter a Zwift race or fondo instead of the listed session?

Yes, for sure, have fun, a zwift race is a good substitute for a HIT session or a threshold session, and a fondo is a good substitute for an endurance session

6. How do you find the optimal route each day?

This is clever calculation that picks the closest finish time on 100+ routes personalized to you, and then filtered by the Zwift courses you told us that you prefer. For example let's say your are riding tempo@200w for 12mins, we estimate you will complete 2x laps of wtopia volcano circuit in that time

7. Something has changed, how do I update my zwiftPLAN?

Simple, resubmit a new request and we will run the algorithm again! If you are a subscriber, update your data (via the submission form) and we will update it next month.

8. How many hours per week and days per week should I train?

Hmm, pick sufficient hours to build your fitness, but don't train so many hours that you burn out!

If you are not sure, ask how many hours do you wish you trained last week, now take off days you were too busy are use that number.

In short, be ambitious, but realistic, around your lifestyle.

9. How should I warm up and cool down?

Warm up for 2-4mins by riding easy during the log-on screen or before the start line.

Cool down by riding 2-4mins by riding after you hit your workout goal (hopefully after the finish line)

10. Can I ride use ZwiftPLAN with outdoor training rides?

Sure, simply substitute a zwift course for a real route, and ride roughly to that zone and that duration (not distance)

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Training plan included

We calculate the best daily, weekly, monthly plan for you

Matched optimal zwift routes

We find the best Zwift route to match your workout, everyday

Thanks for trying [ZwiftPLAN.com](https://zwiftplan.com)

Share this code with friends:

50OFFZP

* PRO options include choice of TID, bike type, course likes or dislikes