

ZwiftPLAN Training: Daily Cheat Sheet

Structured training using Zwift Routes



	WEEK1	
09-May-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	215.8	Course Profile: Rolling 51m 167.3ft
Train for (mins)	21.0	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 21 mins
Zone	Zone 4	On a road bike, at this pace, complete each lap of this circuit in a time of 7 mins from the start line



Threshold

10-May-22	Tuesday	Beach Island Loop (Watopia) [25.6km 15.9mi] 2 laps
Ave Watts	153.1	Course Profile: Rolling 88m 288.7ft
Train for (mins)	49.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 49 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 24.5 mins



Recovery

11-May-22	Wednesday	Volcano Climb (Watopia) [22.8km 14.2mi]
Ave Watts	237.5	Course Profile: Hilly 192m 629.9ft
Train for (mins)	38.0	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3mins hard & 2mins easy (162w in z1) repeated 8 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete this course in a time of 38 mins from the start line



Interval

12-May-22	Thursday	Mountain Route (Watopia) [29.5km 18.3mi]
Ave Watts	167.0	Course Profile: Climb 671m 2201.4ft
Train for (mins)	65.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 65 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 65 mins



Endurance

13-May-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



Day Off

14-May-22	Saturday	Big Loop (Watopia) [42.4km 26.3mi]
Ave Watts	167.0	Course Profile: Climb 651m 2135.8ft
Train for (mins)	86.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 86 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 86 mins



Endurance

15-May-22	Sunday	Three Sisters (Watopia) [47.8km 29.7mi]
Ave Watts	167.0	Course Profile: Climb 879m 2883.9ft
Train for (mins)	103.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 103.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 103.5 mins



Endurance



	WEEK2	
16-May-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 302 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line



Interval

17-May-22	Tuesday	Hilly Route (Watopia) [27.3km 17mi] 3 laps
Ave Watts	153.1	Course Profile: Hilly 300m 984.3ft
Train for (mins)	55.5	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 55.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 18.5 mins



Day Off

18-May-22	Wednesday	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps
Ave Watts	245.9	Course Profile: Rolling 51m 167.3ft
Train for (mins)	19.0	This HIT session is designed to improve supra-threshold intensity, around 6% above FTP
Session	HIT	Warmup before startline, then ride at 245.9 watts in Zone 5 (ie an ave of 106% of FTP) for 19 mins
Zone	Zone 5	On a road bike, at this pace, complete each lap of this circuit in a time of 6.3 mins from the start line



HIT

19-May-22	Thursday	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 138m 452.8ft
Train for (mins)	68.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 68.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 22.8 mins



Endurance

20-May-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



Day Off

21-May-22	Saturday	Tick Tock (Watopia) [50.4km 31.3mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 132m 433.1ft
Train for (mins)	92.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 92.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 30.8 mins



Endurance

22-May-22	Sunday	Serpentine 8 (Watopia) [57.6km 35.8mi] 3 laps
Ave Watts	167.0	Course Profile: Hilly 597m 1958.7ft
Train for (mins)	111.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 111.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 37.2 mins



Endurance

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WEEK3		
23-May-22	Monday	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps
Ave Watts	215.8	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 20.5 mins
Zone	Zone 4	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line



Threshold

24-May-22	Tuesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	153.1	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	52.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 52 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 26 mins



Recovery

25-May-22	Wednesday	Two Bridges Loop (Watopia) [21.3km 13.2mi] 3 laps
Ave Watts	244.4	Course Profile: Hilly 219m 718.5ft
Train for (mins)	36.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3.5mins hard & 2mins easy (162w in z1) repeated 7 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 12.2 mins from the start line



Interval

26-May-22	Thursday	Tempus Fugit (Watopia) [34.6km 21.5mi] 2 laps
Ave Watts	167.0	Course Profile: Flat 32m 105ft
Train for (mins)	64.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 64 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 32 mins



Endurance

27-May-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



Day Off

28-May-22	Saturday	Tick Tock (Watopia) [50.4km 31.3mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 132m 433.1ft
Train for (mins)	91.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 91.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 30.5 mins



Endurance

29-May-22	Sunday	Bigger Loop (Watopia) [53.1km 33mi]
Ave Watts	167.0	Course Profile: Hilly 678m 2224.4ft
Train for (mins)	106.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 106 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 106 mins



Endurance



WEEK4		
30-May-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 302 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line



Interval

31-May-22	Tuesday	Hilly Route (Watopia) [27.3km 17mi] 3 laps
Watts	153.1	Course Profile: Hilly 300m 984.3ft
Train for (mins)	55.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 55 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 18.3 mins



Recovery

01-Jun-22	Wednesday	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps
Ave Watts	245.9	Course Profile: Rolling 51m 167.3ft
Train for (mins)	19.0	This HIT session is designed to improve supra-threshold intensity, around 6% above FTP
Session	HIT	Warmup before startline, then ride at 245.9 watts in Zone 5 (ie an ave of 106% of FTP) for 19 mins
Zone	Zone 5	On a road bike, at this pace, complete each lap of this circuit in a time of 6.3 mins from the start line



HIT

02-Jun-22	Thursday	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 138m 452.8ft
Train for (mins)	68.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 68 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 22.7 mins



Endurance

03-Jun-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



Day Off

04-Jun-22	Saturday	Tempus Fugit (Watopia) [51.9km 32.2mi] 3 laps
Ave Watts	167.0	Course Profile: Flat 48m 157.5ft
Train for (mins)	95.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 95 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 31.7 mins



Endurance

05-Jun-22	Sunday	Ocean Lava Cliffside Loop (Watopia) [57km 35.4mi] 3 laps
Ave Watts	167.0	Course Profile: Hilly 438m 1437ft
Train for (mins)	108.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 108.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 36.2 mins



Endurance

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WEEK5		
06-Jun-22	Monday	Whole Lotta Lava (Watopia) [12.3km 7.6mi]
Ave Watts	215.8	Course Profile: Hilly 153m 502ft
Train for (mins)	22.0	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 22 mins
Zone	Zone 4	On a road bike, at this pace, complete this course in a time of 22 mins from the start line
07-Jun-22	Tuesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	153.1	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	51.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 51 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 25.5 mins
08-Jun-22	Wednesday	Volcano Climb (Watopia) [22.8km 14.2mi]
Ave Watts	237.5	Course Profile: Hilly 192m 629.9ft
Train for (mins)	38.0	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3mins hard & 2mins easy (162w in z1) repeated 8 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete this course in a time of 38 mins from the start line
09-Jun-22	Thursday	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 138m 452.8ft
Train for (mins)	68.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 68 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 22.7 mins
10-Jun-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		
11-Jun-22	Saturday	Volcano Climb (Watopia) [45.6km 28.3mi] 2 laps
Ave Watts	167.0	Course Profile: Hilly 384m 1259.8ft
Train for (mins)	89.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 89.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 44.8 mins
12-Jun-22	Sunday	Dust In the Wind (Watopia) [54.6km 33.9mi]
Ave Watts	167.0	Course Profile: Hilly 529m 1735.6ft
Train for (mins)	107.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 107.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 107.5 mins
WEEK6		
13-Jun-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 302 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line
14-Jun-22	Tuesday	Figure 8 (Watopia) [29.8km 18.5mi]
Ave Watts	153.1	Course Profile: Hilly 234m 767.7ft
Train for (mins)	59.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 59 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 59 mins
15-Jun-22	Wednesday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line
16-Jun-22	Thursday	Ocean Lava Cliffside Loop (Watopia) [38km 23.6mi] 2 laps
Ave Watts	167.0	Course Profile: Hilly 292m 958ft
Train for (mins)	73.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 73 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 36.5 mins
17-Jun-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		
18-Jun-22	Saturday	Tempus Fugit (Watopia) [51.9km 32.2mi] 3 laps
Ave Watts	167.0	Course Profile: Flat 48m 157.5ft
Train for (mins)	96.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 96.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 32.2 mins
19-Jun-22	Sunday	Sand and Sequoias (Watopia) [60.6km 37.7mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 441m 1446.9ft
Train for (mins)	116.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 116 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 38.7 mins



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WEEK7		
20-Jun-22	Monday	Whole Lotta Lava (Watopia) [12.3km 7.6mi]
Ave Watts	215.8	Course Profile: Hilly 153m 502ft
Train for (mins)	22.5	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 22.5 mins
Zone	Zone 4	On a road bike, at this pace, complete this course in a time of 22.5 mins from the start line



21-Jun-22	Tuesday	Hilly Route (Watopia) [27.3km 17mi] 3 laps
Ave Watts	153.1	Course Profile: Hilly 300m 984.3ft
Train for (mins)	57.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 57 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 19 mins



22-Jun-22	Wednesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	243.6	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	42.0	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3.5mins hard & 2mins easy (162w in z1) repeated 8 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 21 mins from the start line



23-Jun-22	Thursday	Mountain 8 (Watopia) [32km 19.9mi]
Ave Watts	167.0	Course Profile: Climb 677m 2221.1ft
Train for (mins)	70.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 70 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 70 mins



24-Jun-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



25-Jun-22	Saturday	Tempus Fugit (Watopia) [51.9km 32.2mi] 3 laps
Ave Watts	167.0	Course Profile: Flat 48m 157.5ft
Train for (mins)	95.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 95.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 31.8 mins



26-Jun-22	Sunday	Ocean Lava Cliffside Loop (Watopia) [57km 35.4mi] 3 laps
Ave Watts	167.0	Course Profile: Hilly 438m 1437ft
Train for (mins)	110.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 110 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 36.7 mins



WEEK8		
27-Jun-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 302 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line



28-Jun-22	Tuesday	Figure 8 (Watopia) [29.8km 18.5mi]
Watts	153.1	Course Profile: Hilly 234m 767.7ft
Train for (mins)	58.5	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 58.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 58.5 mins



29-Jun-22	Wednesday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line



30-Jun-22	Thursday	Ocean Lava Cliffside Loop (Watopia) [38km 23.6mi] 2 laps
Ave Watts	167.0	Course Profile: Hilly 292m 958ft
Train for (mins)	72.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 72 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 36 mins



01-Jul-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



02-Jul-22	Saturday	Three Sisters (Watopia) [47.8km 29.7mi]
Ave Watts	167.0	Course Profile: Climb 879m 2883.9ft
Train for (mins)	99.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 99.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 99.5 mins



03-Jul-22	Sunday	Serpentine 8 (Watopia) [57.6km 35.8mi] 3 laps
Ave Watts	167.0	Course Profile: Hilly 597m 1958.7ft
Train for (mins)	113.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 113 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 37.7 mins



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WEEK9		
04-Jul-22	Monday	Whole Lotta Lava (Watopia) [12.3km 7.6mi]
Ave Watts	215.8	Course Profile: Hilly 153m 502ft
Train for (mins)	23.0	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 23 mins
Zone	Zone 4	On a road bike, at this pace, complete this course in a time of 23 mins from the start line
05-Jul-22	Tuesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	153.1	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	53.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 53 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 26.5 mins
06-Jul-22	Wednesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	243.6	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	42.0	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3.5mins hard & 2mins easy (162w in z1) repeated 8 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 21 mins from the start line
07-Jul-22	Thursday	Beach Island Loop (Watopia) [38.4km 23.9mi] 3 laps
Ave Watts	167.0	Course Profile: Rolling 132m 433.1ft
Train for (mins)	70.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 70.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 23.5 mins
08-Jul-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		
09-Jul-22	Saturday	Road to Sky (Watopia) [17.3km 10.7mi]
Ave Watts	167.0	Course Profile: Mtn 1045m 3428.5ft
Train for (mins)	93.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 93.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 93.5 mins
10-Jul-22	Sunday	Serpentine 8 (Watopia) [57.6km 35.8mi] 3 laps
Ave Watts	167.0	Course Profile: Hilly 597m 1958.7ft
Train for (mins)	112.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 112 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 37.3 mins
WEEK10		
11-Jul-22	Monday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 302 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line
12-Jul-22	Tuesday	Flat Route (Watopia) [30.9km 19.2mi] 3 laps
Ave Watts	153.1	Course Profile: Rolling 162m 531.5ft
Train for (mins)	61.5	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 61.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 20.5 mins
13-Jul-22	Wednesday	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps
Ave Watts	233.7	Course Profile: Rolling 51m 167.3ft
Train for (mins)	20.5	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 2.5mins hard & 2mins easy (162w in z1) repeated 5 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 6.8 mins from the start line
14-Jul-22	Thursday	Out and Back Again (Watopia) [39.8km 24.7mi]
Ave Watts	167.0	Course Profile: Rolling 303m 994.1ft
Train for (mins)	76.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 76 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 76 mins
15-Jul-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		
16-Jul-22	Saturday	Three Sisters (Watopia) [47.8km 29.7mi]
Ave Watts	167.0	Course Profile: Climb 879m 2883.9ft
Train for (mins)	100.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 100.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 100.5 mins
17-Jul-22	Sunday	Quatch Quest (Watopia) [45.9km 28.5mi]
Ave Watts	167.0	Course Profile: Mtn 1683m 5521.7ft
Train for (mins)	120.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 120.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 120.5 mins



ZwiftPLAN Training: Daily Cheat Sheet

Structured training using Zwift Routes



WEEK 11		
18-Jul-22	Monday	Two Bridges Loop (Watopia) [14.2km 8.8mi] 2 laps
Ave Watts	215.8	Course Profile: Hilly 146m 479ft
Train for (mins)	23.5	This Threshold session is designed to improve all-round ability just below FTP
Session	Threshold	Warmup before startline, then ride at 216 watts in Zone 4 (ie an ave of 93% of FTP) for 23.5 mins
Zone	Zone 4	On a road bike, at this pace, complete each lap of this circuit in a time of 11.8 mins from the start line



19-Jul-22	Tuesday	Figure 8 (Watopia) [29.8km 18.5mi]
Ave Watts	153.1	Course Profile: Hilly 234m 767.7ft
Train for (mins)	59.0	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 59 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 59 mins



20-Jul-22	Wednesday	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps
Ave Watts	243.6	Course Profile: Hilly 306m 1003.9ft
Train for (mins)	42.0	This Interval session is designed to improve VO2max & anaerobic sprint ability as "hard intervals"
Session	Interval	Warmup before startline, then ride at 301.6 watts (130% of FTP) for 3.5mins hard & 2mins easy (162w in z1) repeated 8 times
Zone	Zone 6 / Zone 1	On a road bike, at this pace, complete each lap of this circuit in a time of 21 mins from the start line



21-Jul-22	Thursday	Ocean Lava Cliffside Loop (Watopia) [38km 23.6mi] 2 laps
Ave Watts	167.0	Course Profile: Hilly 292m 958ft
Train for (mins)	73.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 73 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 36.5 mins



22-Jul-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



23-Jul-22	Saturday	Three Sisters (Watopia) [47.8km 29.7mi]
Ave Watts	167.0	Course Profile: Climb 879m 2883.9ft
Train for (mins)	99.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 99 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 99 mins



24-Jul-22	Sunday	Road to Ruins (Watopia) [59.2km 36.8mi] 2 laps
Ave Watts	167.0	Course Profile: Hilly 536m 1758.5ft
Train for (mins)	114.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 114.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 57.3 mins



WEEK 12		
25-Jul-22	Monday	Fiat Route (Watopia) [10.3km 6.4mi]
Ave Watts	245.9	Course Profile: Rolling 54m 177.2ft
Train for (mins)	17.0	This HIT session is designed to improve supra-threshold intensity, around 6% above FTP
Session	HIT	Warmup before startline, then ride at 246 watts in Zone 5 (ie an ave of 106% of FTP) for 17 mins
Zone	Zone 5	On a road bike, at this pace, complete this course in a time of 17 mins from the start line



26-Jul-22	Tuesday	Beach Island Loop (Watopia) [25.6km 15.9mi] 2 laps
Watts	153.1	Course Profile: Rolling 88m 288.7ft
Train for (mins)	48.5	This Recovery session is designed to aid recuperation and fatigue
Session	Recovery	Warmup before startline, then ride at 153 watts in Zone 2 (ie an ave of 66% of FTP) for 48.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 24.3 mins



27-Jul-22	Wednesday	Fiat Route (Watopia) [10.3km 6.4mi]
Ave Watts	245.9	Course Profile: Rolling 54m 177.2ft
Train for (mins)	17.0	This HIT session is designed to improve supra-threshold intensity, around 6% above FTP
Session	HIT	Warmup before startline, then ride at 245.9 watts in Zone 5 (ie an ave of 106% of FTP) for 17 mins
Zone	Zone 5	On a road bike, at this pace, complete this course in a time of 17 mins from the start line



28-Jul-22	Thursday	Tick Tock (Watopia) [33.6km 20.9mi] 2 laps
Ave Watts	167.0	Course Profile: Rolling 88m 288.7ft
Train for (mins)	60.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 60 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 30 mins



29-Jul-22	Friday	Day-Off
Ave Watts		
Train for (mins)	0	Rest day
Session		
Zone		



30-Jul-22	Saturday	Tour of Fire and Ice (Watopia) [25km 15.5mi]
Ave Watts	167.0	Course Profile: Mtn 1161m 3809.1ft
Train for (mins)	83.0	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 83 mins
Zone	Zone 2	If you pace correctly we estimate you should complete this route in a time of 83 mins



31-Jul-22	Sunday	Tempus Fugit (Watopia) [51.9km 32.2mi] 3 laps
Ave Watts	167.0	Course Profile: Flat 48m 157.5ft
Train for (mins)	94.5	This Endurance session is designed to improve aerobic power and long distance ability
Session	Endurance	Warmup before startline, then ride at 167 watts in Zone 2 (ie an ave of 72% of FTP) for 94.5 mins
Zone	Zone 2	If you pace correctly we estimate you should complete one lap of this circuit in a time of 31.5 mins



ZwiftPLAN: Weekly Periodization View

12week overview of the entire plan (with summary hours and TSS)



	Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10	Week11	Week12
	BUILD	BUILD	BUILD	CONSOLIDATE	BUILD	BUILD	BUILD	CONSOLIDATE	BUILD	BUILD	BUILD	RECOVERY
MON	Watopia Threshold (21m)	Watopia Interval (20.5m)	Watopia Threshold (20.5m)	Watopia Interval (20.5m)	Watopia Threshold (22m)	Watopia Interval (20.5m)	Watopia Threshold (22.5m)	Watopia Interval (20.5m)	Watopia Threshold (23m)	Watopia Interval (20.5m)	Watopia Threshold (23.5m)	Watopia HIT (17m)
TUE	Watopia Recovery (49m)	Watopia Recovery (55.5m)	Watopia Recovery (52m)	Watopia Recovery (55m)	Watopia Recovery (51m)	Watopia Recovery (59m)	Watopia Recovery (57m)	Watopia Recovery (58.5m)	Watopia Recovery (53m)	Watopia Recovery (61.5m)	Watopia Recovery (59m)	Watopia Recovery (48.5m)
WED	Watopia Interval (38m)	Watopia HIT (19m)	Watopia Interval (36.5m)	Watopia HIT (19m)	Watopia Interval (38m)	Watopia Interval (20.5m)	Watopia Interval (42m)	Watopia Interval (20.5m)	Watopia Interval (42m)	Watopia Interval (20.5m)	Watopia Interval (42m)	Watopia HIT (17m)
THU	Watopia Endurance (65m)	Watopia Endurance (68.5m)	Watopia Endurance (64m)	Watopia Endurance (68m)	Watopia Endurance (68m)	Watopia Endurance (73m)	Watopia Endurance (70m)	Watopia Endurance (72m)	Watopia Endurance (70.5m)	Watopia Endurance (76m)	Watopia Endurance (73m)	Watopia Endurance (60m)
FRI												
	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)	Day-Off (0m)
SAT	Watopia Endurance (86m)	Watopia Endurance (92.5m)	Watopia Endurance (91.5m)	Watopia Endurance (95m)	Watopia Endurance (89.5m)	Watopia Endurance (96.5m)	Watopia Endurance (95.5m)	Watopia Endurance (99.5m)	Watopia Endurance (93.5m)	Watopia Endurance (100.5m)	Watopia Endurance (99m)	Watopia Endurance (83m)
SUN	Watopia Endurance (103.5m)	Watopia Endurance (111.5m)	Watopia Endurance (106m)	Watopia Endurance (108.5m)	Watopia Endurance (107.5m)	Watopia Endurance (116m)	Watopia Endurance (110m)	Watopia Endurance (113m)	Watopia Endurance (112m)	Watopia Endurance (120.5m)	Watopia Endurance (114.5m)	Watopia Endurance (94.5m)
HR:MN	6:00	6:09	6:18	6:06	6:15	6:24	6:33	6:21	6:30	6:39	6:48	5:18
TSS	360	369	378	366	375	384	393	382	390	399	408	319
												<TSS
												<Hours

KEY

SESSION

RECOVERY

ENDURANCE

SWEETSPOT

THRESHOLD

VO2 HIT

Max INTERVAL

MIXED

RIDE IN ZONE?

Low Zone 2

High Zone 2

Zone 3

Zone 4

Zone 5

Zone 6

All Zones

% OF FTP?

66% of FTP

70% of FTP

88% of FTP

94% of FTP

110% of FTP

130% FTP

80% of FTP

YOUR WATTS

153

162

204

218

255

302

186





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
POLARIZED

HOURS
6 HRS/WK

DAYS OFF
FRI

WORLDS
SCHEDULED

W/KG
2.90

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)



Endurance

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



SweetSpot

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



Threshold

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



HIT

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



Interval

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



Mixed

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



Recovery

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



Day Off

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
232.0

	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	129.9 watts	176.3 watts	211.1 watts	245.9 watts	280.7 watts	204.2 watts
UPPER LIMIT	129.9 watts	176.3 watts	211.1 watts	245.9 watts	280.7 watts	350.3 watts	218.1 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>					
	09-May-22	Monday	21 mins	Zone 4	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps	
	10-May-22	Tuesday	49 mins	Zone 2	Beach Island Loop (Watopia) [25.6km 15.9mi] 2 laps	
	11-May-22	Wednesday	38 mins	Zone 6 / Zone 1	Volcano Climb (Watopia) [22.8km 14.2mi]	
	12-May-22	Thursday	65 mins	Zone 2	Mountain Route (Watopia) [29.5km 18.3mi]	
	13-May-22	Friday	0 mins		Day-Off	
	14-May-22	Saturday	86 mins	Zone 2	Big Loop (Watopia) [42.4km 26.3mi]	
	15-May-22	Sunday	103.5 mins	Zone 2	Three Sisters (Watopia) [47.8km 29.7mi]	
	16-May-22	Monday	20.5 mins	Zone 6 / Zone 1	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps	
	17-May-22	Tuesday	55.5 mins	Zone 2	Hilly Route (Watopia) [27.3km 17mi] 3 laps	
	18-May-22	Wednesday	19 mins	Zone 5	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps	
	19-May-22	Thursday	68.5 mins	Zone 2	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	20-May-22	Friday	0 mins		Day-Off	
	21-May-22	Saturday	92.5 mins	Zone 2	Tick Tock (Watopia) [50.4km 31.3mi] 3 laps	
	22-May-22	Sunday	111.5 mins	Zone 2	Serpentine 8 (Watopia) [57.6km 35.8mi] 3 laps	
	23-May-22	Monday	20.5 mins	Zone 4	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps	
	24-May-22	Tuesday	52 mins	Zone 2	Whole Lotta Lava (Watopia) [24.6km 15.3mi] 2 laps	
	25-May-22	Wednesday	36.5 mins	Zone 6 / Zone 1	Two Bridges Loop (Watopia) [21.3km 13.2mi] 3 laps	
	26-May-22	Thursday	64 mins	Zone 2	Tempus Fugit (Watopia) [34.6km 21.5mi] 2 laps	
	27-May-22	Friday	0 mins		Day-Off	
	28-May-22	Saturday	91.5 mins	Zone 2	Tick Tock (Watopia) [50.4km 31.3mi] 3 laps	
	29-May-22	Sunday	106 mins	Zone 2	Bigger Loop (Watopia) [53.1km 33mi]	
	30-May-22	Monday	20.5 mins	Zone 6 / Zone 1	Volcano Circuit CCW (Watopia) [12.3km 7.6mi] 3 laps	
	31-May-22	Tuesday	55 mins	Zone 2	Hilly Route (Watopia) [27.3km 17mi] 3 laps	
	01-Jun-22	Wednesday	19 mins	Zone 5	Volcano Circuit (Watopia) [12km 7.5mi] 3 laps	
	02-Jun-22	Thursday	68 mins	Zone 2	Volcano Flat (Watopia) [36.9km 22.9mi] 3 laps	
	03-Jun-22	Friday	0 mins		Day-Off	
	04-Jun-22	Saturday	95 mins	Zone 2	Tempus Fugit (Watopia) [51.9km 32.2mi] 3 laps	
	05-Jun-22	Sunday	108.5 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:

stimulus + rest = 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	Threshold	HIIT Interval	Threshold	HIIT Interval	Threshold	Threshold		MON
		21mins	35mins	45mins	45mins	14mins	38mins	...session	
TUE	TID	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery		TUE
		49mins	47mins	44mins	55mins	44mins	46mins	...session	
WED	TID	HIIT Interval	HIIT Interval	Threshold	Threshold	Endurance	Threshold		WED
		37mins	35mins	44mins	18mins	80mins	38mins	...session	
THU	TID	Endurance	Endurance	Endurance	HIIT Interval	Endurance	Endurance		THU
		65mins	63mins	59mins	32mins	58mins	62mins	...session	
FRI	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off		FRI
		0mins	0mins	0mins	0mins	0mins	0mins	...session	
SAT	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance		SAT
		86mins	83mins	78mins	97mins	76mins	81mins	...session	
SUN	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance		SUN
		104mins	100mins	93mins	116mins	92mins	98mins	...session	
	TIZ	65:10:25	69:10:21	63:30:07	50:05:45	80:10:10	65:25:10		
		6.00	6.00	6.00	6.00	6.00	6.00	Time (hrs)	
	TSS	360.0	380.5	361.9	398.5	319.0	354.1		

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	HIIT Interval	Threshold	Threshold	HIIT Interval	HIIT Interval	HIIT Interval		MON
		20mins	50mins	42mins	31mins	19mins	71mins	...session	
TUE	TID	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery		TUE
		56mins	51mins	59mins	61mins	56mins	47mins	...session	
WED	TID	HIIT Interval	HIIT Interval	Threshold	HIIT Interval	HIIT Interval	HIIT Interval		WED
		19mins	17mins	40mins	30mins	19mins	16mins	...session	
THU	TID	Endurance	Endurance	HIIT Interval	HIIT Interval	Endurance	Endurance		THU
		69mins	63mins	8mins	22mins	69mins	58mins	...session	
FRI	TID	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off		FRI
		0mins	0mins	0mins	0mins	0mins	0mins	...session	
SAT	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance		SAT
		93mins	85mins	99mins	102mins	93mins	79mins	...session	
SUN	TID	Endurance	Endurance	Endurance	Endurance	Endurance	Endurance		SUN
		112mins	102mins	119mins	122mins	112mins	95mins	...session	
	TIZ	65:10:25	60:30:10	63:30:07	50:05:45	80:10:10	65:25:10		
		6.08	6.08	6.09	6.09	6.08	6.07	Time (hrs)	TOTAL
	TSS	353.9	360.0	370.4	398.2	352.4	371.2		

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 watopia 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)

Plan your Training Using ZwiftPLAN

A simple way to do structured training using Zwift Routes!



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

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

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