

**2024 FRAMEWORK TRAINING PLAN TO QUALIFY FOR THE UCI GF WORLD CHAMPIONSHIPS**  
**FIG. 1: TRAINING FOCUS**

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale		
				1	2	3	4	5				
Nov	29	Preparation (Polarised)	P1						<p><b>This is not a training programme but a framework and a set of guidelines. It remains your responsibility to think carefully about what is most appropriate for you.</b></p> <p><b>Please read this framework in conjunction with the Training Guidelines, published as a separate document.</b></p>			
	28											
	27											
	26											
Dec	25		Preparation (Polarised)	P2						<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Be consistent: aim at training 8-12h per week on average.</li> <li>2. Develop your aerobic endurance: increase your weekly long ride progressively to 4-5h, riding at low intensity (below the first lactate threshold LT1).</li> <li>3. Develop your fat-burning capacity through moderating your carb intake and avoiding food for the first 2-3h of a long ride. Avoid eating on all rides shorter than 2h, except for HIT.</li> <li>4. Work on short-term muscular endurance (STME) by including 2 interval sessions per week at appropriate intensities.</li> <li>5. Aim at a training intensity distribution between 80/20 and 90/10 low/high. A 1h interval session counts for 1h high (even if only 20' or so is actually high intensity).</li> <li>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.</li> <li>7. Include exercises to improve your technical skills e.g. descending, cornering, etc.</li> </ol>	<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Consistency is vital if you are to make progress</li> <li>2. Aerobic endurance is the most important quality you need to build. If you ride too hard you will create too much fatigue for too little benefit.</li> <li>3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer</li> <li>4. Good STME will help you stay with riders at your level during the first hour and stay in a peloton in the valleys.</li> <li>5. A polarised training intensity distribution has been shown to be more effective than alternatives, during the Preparation phase.</li> <li>6. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels.</li> <li>7. This is the best time to build technical skills.</li> </ol>	
	24											
	23											
	22											
Jan	21			Preparation (Polarised)	P3						<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength and conditioning: 2 sessions/week</li> <li>2. Flexibility and stretching: 20 mins 2-3/week</li> <li>3. Complement occasionally with other sports: running, swimming, etc.</li> </ol>	<p><b>OFF THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Gym exercises to improve leg and core strength will make you a stronger cyclist.</li> <li>2. Maintaining flexibility is essential to pedal efficiently and avoid injury.</li> <li>3. Doing the occasional run or swim uses your muscles differently, combats boredom and contributes to overall fitness.</li> </ol>
	20											
	19											
Feb	18				Preparation (Polarised)	P4						<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Aerobic endurance: continue long low-intensity rides, progressing to at least one 6h ride.</li> <li>2. Sweet-spot: multiple 10'-30' efforts in Z3/Z4. Eat enough carbs for the load.</li> <li>3. Race readiness: sportive or club rides 2/month in March and April</li> <li>4. Recovery: 1-2 very easy rides/week</li> <li>5. Test your equipment and nutrition/hydration options</li> </ol>
	17											
	16											
	15											
March	14	Pre-competition (Pyramidal)				PC1						<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>
	13											
	12											
	11											
April	10		Pre-competition (Pyramidal)			PC2						<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>
	9											
	8											
May	7			Pre-competition (Pyramidal)		PC3						<p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: swim, walk, etc. highly recommended</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>
	6											
	5											
	4											
May	3				Competition							<p>Taper: reduce volume by 25% two weeks out and by 50% or more the last week.</p>
	2											
	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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**FIG. 2: SUGGESTED WORKOUTS**

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week.			
				1	2	3	4	5				
Nov	44	Preparation (Polarised)	P1						<p>The workouts are in order of priority: <b>do the first ones first</b>. However, make sure you only do a high-intensity workout on a day when you feel fresh and ready (monitor this with your RHR (Resting Heart Rate) and HRV (Heart Rate Variability) measured first thing in the morning).</p> <p><b>HIGH VOLUME WEEKS (POLARISED 80/20 or 90/10)</b></p> <ol style="list-style-type: none"> <li>1. Low intensity long ride, starting at 2-3hrs and progressing to 5hrs by mid-Feb. This ride should feel very easy (at least for the first 2-3h)</li> <li>2. 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.</li> <li>3. Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on skills development/technical limiters)</li> <li>4. Second STME interval session. At least 15' warm-up and cool-down.</li> <li>5. Recovery ride 1hr</li> </ol> <p><b>RECOVERY WEEKS</b></p> <ol style="list-style-type: none"> <li>1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs</li> <li>2. Second low intensity ride, 1-2 hrs</li> <li>3. Third low intensity ride, 1-2 hrs</li> </ol> <p><b>STRENGTH &amp; CONDITIONING</b></p> <ol style="list-style-type: none"> <li>1. Gym session mostly focused on core strength and leg strength. To prevent injury, get advice from a specialist.</li> <li>2. Stretching (e.g. Pilates or Yoga). To prevent injury, get advice from a specialist.</li> <li>3. Second gym session.</li> <li>4. Second stretching session</li> </ol>			
	45											
	46											
	47											
Dec	48		Preparation (Polarised)	P2								
	49											
	50											
	51											
Jan	52			Preparation (Polarised)	P3							
	1											
	2											
	3											
Feb	4	Preparation (Polarised)			P4							
	5											
	6											
	7											
March	8		Pre-competition (Pyramidal)		PC1							
	9											
	10											
	11											
April	12			Pre-competition (Pyramidal)	PC2							
	13											
	14											
	15											
May	16	Pre-competition (Pyramidal)			PC3							
	17											
	18											
	19											
May	20		Competition							<p><b>RECOVERY WEEKS: As per Preparation phase</b></p> <p><b>STRENGTH &amp; CONDITIONING</b></p> <ol style="list-style-type: none"> <li>1. One leg and core strength maintenance session per week.</li> <li>2. One or better two stretching sessions (e.g. Pilates or Yoga)</li> </ol> <p><b>GENERAL</b></p> <p>Maximise your sleep time and quality; ensure high-quality nutrition; keep travel and stress to a minimum</p>		
	20		Competition							<p>Two-week progressive taper in which you reduce the volume by 50%. Some people benefit from intensity in the last week, others do not. Plan to arrive at the event location 2-3 days in advance.</p>		

\* 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)