



General Information for all \$49 8 Week Plans

1. Once you have paid for the plan
2. You will receive an email within 24 working hours with access to your plan
3. There will also be written and video instructions on how to use the plan and set your zones
4. All plans are available on Training Peaks only
5. If you don't have a training peaks account we will set one up for you
6. You can choose power or heart rate based plans, please choose the option when you pay
7. These Pre-Made plans don't have any feedback or access to a coach

Tempo Part 1

This is the first of '2' TEMPO plans that gradually pushes your tempo endurance power, This TEMPO plan will have you progressing your riding time and intensity to increase your Training Load and Training Stress Score TSS. We often see riders gain 5-10% in TEMPO in 8 weeks of specific training.

Tempo is the intensity you can keep going at for 1.5-3 hours and an important BASE period for all types of riding

Suitable for the following types of cycling

- Road Race
- Criterium
- Time Trial
- Audax/Sportive

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured Tempo intervals mid-week and have the option to join fun group rides on the weekends (where we coach you how to tempo on the group ride). There's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

If you train SMART you can train less hours for bigger gains.

S- Specific

M- Measurable

A- Attainable

R- Relevant

T- Time bound

All our workouts are designed by Coach JJ (John Bennett) at JJ Pro Cycling Centre, they have been proven by coaching multiple National Champions in the UK and Thailand. We coached Matt Langworthy to be UK National 40km Junior TT champion in 49minutes average speed (49km/hr). Matt only trained 6-8 hours a week as he focused on his studies.

We recommend you choose the plans in the following order

- 1. Tempo Part 1*
- 2. Tempo Part 2*
- 3. FTP Part 1*
- 4. FTP Part 2*
- 5. FTP Part 3*
- 6. Intervals for TT OR Intervals for Road Race & Criterium*

Tempo Part 2

This is the second of '2' TEMPO plans that gradually pushes your tempo endurance power, This TEMPO plan will have you progressing your riding time and intensity to increase your Training Load and Training Stress Score TSS. The duration of the tempo intervals increases in this plan. We often see riders gain 5-10% in TEMPO in 8 weeks of specific training.

Tempo is the intensity you can keep going at for 1.5-3 hours and an important BASE period for all types of riding.

Suitable for the following types of cycling

- Road Race
- Criterium
- Time Trial
- Audax/Sportive

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured Tempo intervals mid-week and have the option to join fun group rides on the weekends (where we coach you how to tempo on the group ride). There's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

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- 2. Tempo Part 2**
- 3. FTP Part 1**
- 4. FTP Part 2**
- 5. FTP Part 3**
- 6. Intervals for TT OR Intervals for Road Race & Criterium**

FTP PART 1

This is the first of '3' Sweet Spot plans that gradually pushes your threshold power output (FTP) This sweet spot plan will have you progressing your riding time and intensity to increase your Training Load and Training Stress Score TSS. We often see riders gain 5-10% in FTP in 8 weeks of specific training.

Suitable for the following types of cycling

- Road Race
- Criterium
- Time Trial
- Audax/Sportive

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured Sweet Spot and Tempo intervals mid-week and have the option to join fun group rides on the weekends (where we coach you how to sweet spot on the group ride). There's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

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We recommend you choose the plans in the following order

1. Tempo Part 1
2. Tempo Part 2
3. FTP Part 1
4. FTP Part 2
5. FTP Part 3
6. Intervals for TT OR Intervals for Road Race & Criterium

FTP PART 2

Suitable for the following types of cycling

- Road Race
- Criterium
- Time Trial
- Audax/Sportive

This is the second of '3' Sweet Spot plans that gradually pushes your threshold power output (FTP) This plan may be completed after our first 8 Weeks to Sweet Spot plan.

This sweet spot plan will have you progressing your riding time and intensity to increase your Training Load and Training Stress Score TSS higher than the '1st FTP plan'. It has some higher intensity work than the 1st 8 week plan. . We often see riders gain 5-10% in FTP in 8 weeks of specific training.

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones. We suggest you take another FTP test when you start this plan.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured Sweet Spot and Tempo intervals mid-week and have the option to join fun group rides on the weekends (where we coach you how to sweet spot on the group ride). There's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

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- 5. FTP Part 3**
- 6. Intervals for TT OR Intervals for Road Race & Criterium**

FTP PART 3

Suitable for the following types of cycling

- Road Race
- Criterium
- Time Trial

This is the third of '3' Sweet Spot plans that gradually pushes your threshold power output (FTP) This plan may be completed after our second 8 Weeks to Sweet Spot plan.

This sweet spot plan will have you progressing your riding time and intensity to increase your Training Load and Training Stress Score TSS higher than the '1st and 2nd FTP plan'. It has some higher intensity work than the 1st & 2nd 8 week plan, in this plan you will do some work over FTP to really put some speed and power into those legs, this helps PULL up FTP. We often see riders gain 5-10% in FTP in 8 weeks of specific training.

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones. We suggest you take another FTP test when you start this plan.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured Sweet Spot and Tempo intervals mid-week and have the option to join fun group rides on the weekends (where we coach you how to sweet spot on the group ride). There's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

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5. **FTP Part 3**
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Road Race & Criterium Intervals

Suitable for the following types of cycling

- Road Race
- Criterium

Get race ready for the road season with our Intervals for Road & Criterium Racers Plan! After pushing up your FTP in previous plans you now need to work on change of pace and your sprint with VO₂ and anaerobic intervals during the week that you can ride on the trainer/turbo or outside on the road! The weekends balance out all of that intensity with longer rides at lower efforts and the option for group rides so you can work your tactics and peleton skills.

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones. We suggest you take another FTP test when you start this plan.

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Time Trial intervals

Suitable for the following types of cycling

- Time Trial

Intervals for Time Trials to get you ready to be super-fast and put some speed into those legs in 8 weeks!

Whether you've got a \$20K TT machine or just a set of clip-on aerobars for your road bike, we all know it's really the engine that matters so get ready to break your PR next Time Trial with this 8-week Intervals for Time Trials training plan!

If you don't have access to a lactate test, there is an FTP 20-minute test for you to help set your power and/or Heart rate zones. We suggest you take another FTP test when you start this plan.

You can choose an option to have the plan set on power zones OR heart rate zones. Just choose from the drop down menu when you buy the plan.

You'll perform structured TT intervals and TT practice mid-week and have the option to join fun group rides on the weekends there's also recommendations for riding longer/shorter for flexibility so you can stay on track when life gets in the way.

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