

Rowe & King 12 Week Experienced Training Plan



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Rowe & King offer coaching in the sport of cycling, utilising the extensive experience gained by current professional cyclists; Luke Rowe and Dani King MBE.

This 12 Week Training Plan, offers a guide as to what good preparation looks like for a sportive. There are three versions available, tailored for; Improvers, Experienced and Advanced level cyclists. Each of which detail specific sessions to be undertaken every week in your build up to your target sportive.

This training plan for Experienced cyclists, covers 5 days of the week (combination of Mandatory sessions and rest days) – the remaining days of the week are optional, depending on how you feel and personal commitments. It is not possible to prescribe a generic training plan covering 7 days a week without a detailed consultation, which comes as part of a monthly coaching subscription service which is also available.

As a guide – you should aim to ride for at least 6 hours a week. More endurance if possible, however don't sacrifice the quality sessions prescribed for steady riding.



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Training zones refer to the intensity at which you are riding at. Riding at different intensities brings about different physiological adaptations and therefore, the concept of having specific training zones is you can control and measure how hard you are riding, thus giving you the ability to target specific improvements in your form. The table below outlines each training zone, with a process for determining your zones detailed on pages 7 and 8.

Zone	Effort	Perception (You Can...)	% Maximum Hart Rate	% Functional Threshold Power
1 Active Recovery	Easy	Speak freely	Up to 64	0-55
2 Endurance	Steady	Speak but need to take a breath between sentences	65-74	56-75
3 Tempo	Brisk	Hold a short conversation	75-81	76-90
3-4 Sweetspot	Quite Hard	Just about hold a conversation	79-83	88-92
4 Threshold	Hard	Manage a few words	82-88	91-105
5 Vo2 Mx	Very Hard	Speak the odd word at best.	89-94	106 or over.
6 Anaerobic Capacity	Maximum Effort	Can't speak	95-100	N/A



There is no one size fits all for working out your zones. The only way to determine your own zones is to undertake a test! Depending on whether you have access to a power meter or a heart rate monitor will depend on how to run your test – the process for using each method are detailed on the next two pages.

If you don't have a power meter or heart rate monitor – you will rely on 'feel' or perception. You will not need to undertake a test, but instead rely on the qualitative perceptions detailed in the table on the previous page.



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Ensure you are fit and healthy to undertake a vigorous physical test.

How to set your training Zones using Power

Step	Notes
1	Do not undergo this test if you have a cold or any other ailment. You should be free of fatigue to ensure you are fresh and ready to give maximum effort - a day of rest, or a very easy day before your test is advised.
2	This test can be carried out on a turbo trainer or a static bike (that is equipped with a power meter) or on a safe section of road. A static bike or turbo trainer is the best option as it is easier to replicate exact conditions next time you repeat the test.
3	Ensure your power meter is working and recording your wattage.
4	Warm up for 10-15 minutes starting at an easy pace and ending at a brisk pace (this should not be too demanding). If you have some idea of what your threshold power is then you should aim to finish the test at about 75% of that figure. If not then just finish the test at an effort where you are starting to breath hard but no more. Make a note of your power at the end of the warm up.
5	Ride easy for 2 minutes. This is your opportunity to take a drink.
6	Reset your power meter and ensure it is set to record your effort.
7	Start the test from a standing start (rolling start if on the road). You start the test by settling in to an effort you can sustain for 20 minutes but no more, with a target cadence of between 90 and 100rpm.
8	Pace judgment is key to recording an accurate test result. It is far better to start cautiously and have something left towards the end than go out too hard and fall apart at half distance. The test should require total commitment from the first minute but you should only be fighting to maintain the intensity in the final few minutes.
9	After 20 minutes effort the test is over. Your test result is the average wattage for the 20 minutes.
10	Ride easy for 10 minutes, riding in an easy gear and relaxing. Have a drink to re-hydrate and allow your HR to drop to a Zone within the lower range of your warm up.
11	Your FTP will be 95% of your test result. I.e. if your average power for the 20 minutes was 243 Watts - your FTP would be 231 Watts.

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Ensure you are fit and healthy to undertake a vigorous physical test.

How to set your training Zones using Heart Rate

Step	Notes
1	Do not undergo this test if you have a cold or any other ailment. You should be free of fatigue to ensure you are fresh and ready to give maximum effort - a day of rest, or a very easy day before your test is advised.
2	This test can be carried out on a turbo trainer, a static bike or on a safe section of road. A static bike or turbo trainer is the best option as it is easier to replicate exact conditions next time you repeat the test.
3	Ensure your heart rate monitor has a signal and is set to record your maximum Heart Rate (HR)
4	Warm up for 10-15 minutes starting at an easy pace and ending at a brisk pace (this should not be too demanding). Make a note of your HR at the end of the warm up.
5	Ride easy for 2 minutes. This is your opportunity to take a drink.
6	The test can be started as a standing or rolling start. You start the test by riding at the HR you finished the warm up at, with a target cadence of between 90 and 100 rpm.
7	Every 1 minute increase your HR by 5 BPM but maintain the same cadence - this will require shifting gear.
8	This will be very demanding. Do not give in.
9	When you feel you are coming to the end of your tether and can't keep going much longer, sprint as hard as you can until you are completely exhausted. This concludes the test.
10	Ride easy for 10 minutes, riding in an easy gear and relaxing. Have a drink to re-hydrate and allow your HR to drop to a Zone within the lower range of your warm up.
11	Make a note of your max HR during the test.

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EXPERIENCED TRAINING PLAN						
Week Number	Focus Area	Mandatory Session 1 (MS 1)	MS 2	MS 3	MS 4	Mandatory Rest Days
1	Strength and Endurance	Sweetspot	Over Geared Tempo	Threshold	Tempo	1
2	Strength and Endurance	Sweetspot	Over Geared Tempo	Threshold	Tempo	1
3	Strength and Endurance	Over Under (85%)	Over Geared Tempo	Threshold	Tempo	1
4	Strength and Endurance	Over Under (85%)	Over Geared Tempo	Threshold	Medium Distance TT	1
5	Strength and Endurance	Over Under (85%)	Over Geared Tempo	Threshold	Medium Distance TT	1
6	Power and Endurance	Over Under (90%)	Over Geared Medium Distance TT	Threshold	3 x 10 Minute TT	1
7	Power and Endurance	Over Under (90%)	Over Geared Medium Distance TT	Threshold	3 x 10 Minute TT	1
8	Power and Endurance	Over Under (90%)	Over Geared Medium Distance TT	Threshold	3 x 10 Minute TT	1
9	Power and Endurance	Over Under (90%)	Over Geared Medium Distance TT	Threshold	3 x 10 Minute TT	1
10	Power and Endurance	Broken 400m Sprint x 6	Over Geared Medium Distance TT	Threshold	Steady Ride inc. 4 x 3 Minute TT	1
11	Power and Endurance	Broken 400m Sprint x 6	Over Geared Medium Distance TT	Threshold	Steady Ride inc. 4 x 3 Minute TT	1
12	Taper	Steady Ride	Steady Ride	Threshold	Steady Ride inc. 3 x 10 Second Sprints	2

Information and guidance on each session prescribed in the above training plan is detailed over the following pages.

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The following tables provide information on what each training session involves. Note – all sessions can be undertaken on the road, or a static bike / turbo trainer.

Session 1 - Sweetspot	
WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	On flat to rolling road do 2 efforts x 20 minutes each at Sweetspot (Zone 3-4). 6 minutes easy pedalling as recovery in-between each effort.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 2 - Steady Ride	
WARM UP	Ride Out for a few minutes easy and then get straight in to your ride.
SESSION DESCRIPTION	Ride for the full duration of the session within Zone 2. Maintain a high cadence in the range of 80-95 depending on riding style. This is an endurance ride and a good opportunity to complete a distance similar to that of your target sportive.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 3 - Over Geared Tempo

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	Ride for one hour at Zone 3 (tempo). Alternate every 5 minutes between normal cadence (85-100) and over geared (55-60). Do not get to hung up about keeping the cadence exactly with in the target range. Treat the 55-60 as a guide only. This session can be done on a flat or rolling road, but avoid big climbs and descents.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 4 - Over Geared Medium Distance TT

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	The effort is 25 minutes in duration and progresses from Zone 3 to Zone 4. Spend the first few minutes in Zone 3, before ramping the effort up in to Zone 4 which you should hold for the duration. In order to focus on strength, your target cadence should be 55-60.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 5 - Threshold

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This session consists of 3 efforts at threshold (aim to ride at upper Zone 4) with a rest period between each effort. Each effort should be 10 minutes and the rest period should be in the range of 4-10 minutes (the amount of rest required will vary day to day, depending on how you feel. Ensure you take sufficient rest to be able to complete the next effort.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 6 - Tempo

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	The aim of this session is to ride for 60 minutes at Zone 3 (tempo). Start the session at the lower end of Zone 3 and increase your effort higher in to Zone 3 as and when you feel you can maintain it for the remainder of the session. If you find 60 minutes too demanding just drop the intensity down slightly in to Zone 2, to allow a slight recovery and then move back in to the Zone 3 range.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 7 - Medium Distance TT

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	The effort is 25 minutes in duration and progresses from Zone 3 to Zone 4. Spend the first few minutes in Zone 3, before ramping the effort up in to Zone 4 which you should hold for the duration.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 8 - 3 x 10 Minute TT

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This effort consists of 3 x 10 minute time trial efforts. Each 10 minute effort should progress from Zone 3 to Zone 4. Spend the first few minutes in Zone 3, before ramping the effort up in to Zone 4 which you should hold for the duration. You should aim to rest for no more than 4 minutes in-between each 10 minute effort.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 9 - 4 x 3 Minute TT

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This effort consists of 4 x 3 minute time trial efforts. Each 3 minute effort should start firmly in Zone 4, with the aim of progressing the intensity to the very top of threshold. As a guide, you should aim to maintain a cadence of 90-100rpm, and should aim to rest for no more than 4 minutes in-between each 3 minute effort.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 10 - Steady Ride inc. 3 x 10 Second Sprints

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This ride should not be demanding - it is a session typically used before an event, where the sprints are used to keep you sharp during a taper or rest period. The length of the ride should be no more than 90 minutes - all ridden in Zone 2, with 3 sprints at maximum effort, evenly spaced out through the ride.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 11 - Over Under at 85% of FTP

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This session consists of two sets, each containing 12 minutes of effort. Ride for 2 minutes at 85% of threshold followed by 1 minute at max effort - repeat 3 times to total 12 minutes in total. Ride for 6 minutes easy, then repeat the set for the second time.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

Session 12 - Over Under at 90% of FTP

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	This session consists of two sets, each containing 12 minutes of effort. Rider for 2 minutes at 90% of threshold followed by 1 minute at max effort - repeat 3 times to total 12 minutes in total. Ride for 6 minutes easy, then repeat the set for the second time.
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

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Session 13 - Broken 400m Sprints

WARM UP	As part of the start of your ride, ensure you Ride Out for 10-15 minutes, in a light gear and a relaxed mental state. Start at a gentle pace and build through the Zones to end at tempo. 3 minutes easy pedalling before starting the session.
SESSION DESCRIPTION	<p>This session consists of 6 efforts, the entirety of which is to be completed seated in the saddle. Ideally, you should choose a flat section of road, or slightly uphill, and start the effort at walking speed. To complete one effort - ride as hard as you can for approx. 100m or 10-15 seconds (build phase), then maintain the speed you have assumed for a further 200m (hold phase), and finally sprint flat out for the final 100m (sprint phase). Complete this 6 times, with a short rest period of a few minutes in-between.</p> <p>Your cadence will depend on riding style but aim to start in a big gear, but one which you can get on top of during the first 100m. You should aim to change gear no more than once or twice in the effort. The 400m can be estimated, so if you work on time it should be around 35-50 seconds in total.</p>
WARM DOWN	Ride Out for the final 10-15 minutes, in a light gear and a relaxed mental state - the hard work is done by this point! Target Zone is between Endurance and Active Recovery.

“What you do today, will improve you for tomorrow. You may not always feel like training, but its all worth while in the long term”

Dani King

“During the Tour de France, I would wake up and think its not going to be possible to get through todays stage. My legs would throb just laying in bed. But, one km at a time I got through it. It’s incredible how much punishment your body can take”

Luke Rowe

