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Adaptive FFT Training using Personalized Inputs

Overview of optimal training based on your inputs, *simplified* (full version requires Peaks plan)



POL	TID	TIZ
Zone1&2	70%	378mins
Zone3&4	7%	38mins
Zone5&6	22%	119mins

STYLE: **POL**

HOURS: **9**

DAILY.MAX **120**

training style

weekly hours

max ride on weekdays

training inc. distribution

One-in-zone

	WEEK#1	WEEK#2	WEEK#3	WEEK#4	WEEK#5	WEEK#6	REST WEEK
<input checked="" type="checkbox"/> MONDAY	HIIT Interval (z5/6) 31 mins x2 @ 235w	Threshold (z4) 51mins @ 219w	HIIT Interval (z5/6) 29mins x2 @ 237w	Threshold (z4) 51mins @ 219w	HIIT Interval (z5/6) 16mins x4 @ 234w	Threshold (z4) 55mins @ 217w	OPTIONAL HIIT Interval (z5/6) 23mins x2 @ 243w
<input checked="" type="checkbox"/> TUESDAY	Recovery (z1/z2) 80mins @ 140w	Recovery (z1/z2) 101mins @ 136w	Recovery (z1/z2) 80mins @ 140w	Recovery (z1/z2) 100mins @ 136w	Recovery (z1/z2) 84mins @ 139w	Recovery (z1/z2) 109mins @ 135w	Recovery (z1/z2) 64mins @ 143w
<input checked="" type="checkbox"/> WEDNESDAY	Endurance (z2/z3) 120mins @ 167w	HIIT Interval (z5/6) 4mins x13 @ 239w	Endurance (z2/z3) 120mins @ 167w	HIIT Interval (z5/6) 4mins x13 @ 240w	Endurance (z2/z3) 120mins @ 167w	HIIT Interval (z5/6) 8mins x7 @ 238w	Endurance (z2/z3) 96mins @ 171w
<input type="checkbox"/> THURSDAY	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w
<input checked="" type="checkbox"/> FRIDAY	Endurance (z2/z3) 116mins @ 167w	Endurance (z2/z3) 120mins @ 167w	Endurance (z2/z3) 120mins @ 167w	Endurance (z2/z3) 120mins @ 167w	Endurance (z2/z3) 120mins @ 167w	Endurance (z2/z3) 120mins @ 167w	Endurance (z2/z3) 96mins @ 171w
<input checked="" type="checkbox"/> SATURDAY	Endurance (z2/z3) 145mins @ 161w	Endurance (z2/z3) 227mins @ 156w	Endurance (z2/z3) 189mins @ 159w	Endurance (z2/z3) 227mins @ 156w	Endurance (z2/z3) 181mins @ 160w	Endurance (z2/z3) 244mins @ 155w	Endurance (z2/z3) 151mins @ 163w
<input type="checkbox"/> SUNDAY	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w	Day Off 0mins @ 0w
HRS	9.03	9.18	9.43	9.15	9.48	9.73	7.55
TSS	527.7	556.3	544.0	552.7	554.0	589.6	435.2
	> Build >	> Build >	> Build >	> Build >	> Build >	> Build >	> Confrontate

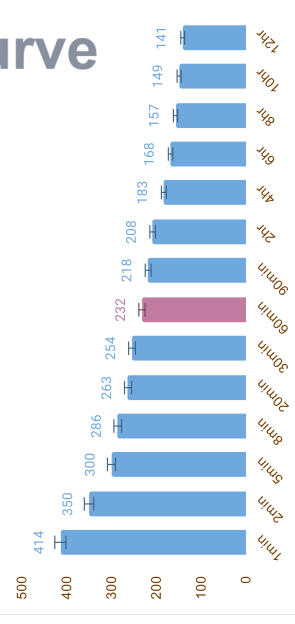
Your Training Zones

Here are the classic training zones based around your FTP

YOUR FTP	228.0
KG	62.5
W/KG	3.6

	Zone 1	Zone 2	Zone 3	Zone 3ss	Zone 4	Zone 5	Zone 6
Recovery	≤55%	≤75%	≤90%	88%-93%	≤105%	<120%	≤150%
Endurance	127.7 watts 2.8 w/g	127.7 watts 2.0 w/g	173.3 watts 2.8 w/g	200.6 watts 3.2 w/g	214.3 watts 3.4 w/g	241.7 watts 3.9 w/g	275.9 watts 4.4 w/g
SweetSpot							
Threshold							
VO2max							
Anaerobic							

Curve



Zones

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	WEEK#7	WEEK#8	WEEK#9	WEEK#10	WEEK#11	WEEK#12	REST WEEK	& REPEAT	
<input checked="" type="checkbox"/>	MONDAY HIIT Interval (x2/6) 16mins x4 @ 234w Recovery (x1/z2) 88mins @ 138w	Threshold (x4) 54mins @ 217w Recovery (x1/z2) 107mins @ 135w	HIIT Interval (x5/6) 17mins x4 @ 233w Recovery (x1/z2) 88mins @ 138w	Threshold (x4) 58mins @ 216w Recovery (x1/z2) 114mins @ 134w	HIIT Interval (x5/6) 6mins x11 @ 233w Recovery (x1/z2) 92mins @ 137w	Threshold (x4) 44mins @ 223w Recovery (x1/z2) 87mins @ 138w	HIIT Interval (x5/6) 9mins x6 @ 238w Recovery (x1/z2) 70mins @ 142w	OPTIONAL	MONDAY
<input checked="" type="checkbox"/>	TUESDAY Endurance (x2/z3) 120mins @ 167w	HIIT Interval (x5/6) 8mins x7 @ 238w Day Off Omins @ 0w	Endurance (x2/z3) 120mins @ 167w Day Off Omins @ 0w	HIIT Interval (x5/6) 10mins x6 @ 236w Day Off Omins @ 0w	Endurance (x2/z3) 120mins @ 167w Day Off Omins @ 0w	HIIT Interval (x5/6) 4mins x11 @ 244w Day Off Omins @ 0w	Endurance (x2/z3) 96mins @ 171w Day Off Omins @ 0w	TUESDAY	
<input type="checkbox"/>	THURSDAY Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	THURSDAY	
<input checked="" type="checkbox"/>	FRIDAY Endurance (x2/z3) 120mins @ 167w	Endurance (x2/z3) 120mins @ 167w Endurance (x2/z3) 208mins @ 157w	Endurance (x2/z3) 120mins @ 167w Endurance (x2/z3) 203mins @ 158w	Endurance (x2/z3) 120mins @ 167w Endurance (x2/z3) 257mins @ 153w	Endurance (x2/z3) 120mins @ 167w Endurance (x2/z3) 215mins @ 156w	Endurance (x2/z3) 120mins @ 167w Endurance (x2/z3) 162mins @ 162w	Endurance (x2/z3) 96mins @ 171w Day Off Omins @ 0w	FRIDAY	
<input checked="" type="checkbox"/>	SATURDAY Endurance (x2/z3) 208mins @ 157w	Endurance (x2/z3) 250mins @ 154w Day Off Omins @ 0w	Endurance (x2/z3) 203mins @ 158w Day Off Omins @ 0w	Endurance (x2/z3) 257mins @ 153w Day Off Omins @ 0w	Endurance (x2/z3) 215mins @ 156w Day Off Omins @ 0w	Endurance (x2/z3) 162mins @ 162w Day Off Omins @ 0w	Endurance (x2/z3) 162mins @ 162w Day Off Omins @ 0w	SATURDAY	
<input type="checkbox"/>	SUNDAY Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	Day Off Omins @ 0w	SUNDAY	
	HRS 9.98	9.77	9.97	10.13	10.22	8.5	7.97	<= TOTALS	
	TSS 575.7	590.2	582.6	613.9	589.6	513.4	466.1		
	> Build >	> Build >	> Build >	> Build >	> Build >	> Consolidate	Rest		

Session Descriptions

- Endurance** A longer ride is designed to improve aerobic power and long distance ability
- Threshold/Sweetpot:** a ride is designed to improve all-round ability at tempo
- HIT or HIIT** is a hard effort usually alternating 2-6mins on & 2mins off
- VO2max Interval** is an anaerobic sub-sprint 4mins on & 4mins off
- Mixed** all-round ride across all zones to enhance repeatability
- Recovery** is to aid recuperation and fatigue by riding medium distance at low intensity
- Rest Day** a day with no structured training

Weekly Hours

