

Annual Training Plan: VELO SF

Phase / Training Block

Training Goal and Focus

The annual plan is divided into phases and focuses on specific phases coinciding with the outdoor riding season.

Each phase builds throughout the year, designed for Velo SF members to continually develop fitness and health.

October/
November

Ride Long

‘Aerobic Base’

Increased efficiency + increased fat burning
+ improved pedaling technique

December/January

Ride Longer

‘Base/Muscle Tension’

Efficiency + low RPM intervals to improve muscle recruitment and strength

February/March

Ride Strong

‘Hills’

Hill climbing emphasis with focus on strength
+ climbing technique

April/May

Ride Powerful

‘Rollers / Power’

Increased intensity over longer time intervals
+ rolling terrain technique

June/July

Ride Fast

‘Ride Specific / Threshold’

Improved power at maximal steady state
+ extended intervals at higher powers

August/September

Ride Faster

‘Ride Specific / Time Trial’

A fun mix of workouts designed to make you a better and more complete rider