

Training4cyclists.com presents:

# 12 Week Winter Training Program

This is a 12 week winter training program designed for a wide range of road cyclists, mountain bikers and track riders. This program can be used just as it is. Read the instructions on the intervals and you are ready to start.

Even better: There are great options for customization. Thus, you can plan your workouts based on test results with your heart rate monitor or power meter. If you need advice on how to customize your training program, feel free to ask a question on Training4cyclists.com.

This winter training program will prepare you to a road cycling season with an average training amount of ~12hours / week.

Interval sessions are based on my indoor training programs you might have heard of before. These intervals can be done on home trainer, spinning bike, road bike, track bike or even mountain bike.

Further instructions can be found on <http://www.training4cyclists.com>

Final words: All training is performed on your own risk. You should visit your local physician BEFORE you start on any physical training.

This winter training program is a free download from Training4cyclists.com.

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 1 6hours		1hr -- (Physical Test)		1hr -- Aerobic Power 1		1½hrs -- 3 x powersprint	2½hrs -- Endurance, group ride
Week 2 7hours		1hr -- Aerobic Power 4		1½hrs -- Aerobic Power 3		1½hrs -- 3 x powersprint	3hrs -- Endurance, group ride
Week 3 8hours		1hr -- Aerobic Power 1	1hr -- Easy ride	1½hrs -- Aerobic Power 2		1½hrs -- 3 x powersprint	3hrs -- Endurance, group ride
Week 4 6hours		1hr -- Aerobic Power 3		1½hrs -- Aerobic Power 4		1½hrs -- 4 x powersprint	2hrs -- Endurance, group ride
Week 5 8½hours		1hr -- Aerobic Power 2	1hr -- Easy ride	1½hrs -- Aerobic Power 1		2hrs -- 4 x powersprint	3hrs -- Endurance, group ride
Week 6 9hours		1½hrs -- (Physical Test)	1hr -- Easy ride	1½hrs -- Aerobic Power 4		2hrs -- 4 x powersprint	3hrs -- Endurance, group ride
Week 7 10hours		1½hrs -- Aerobic Power 3	1½hrs -- Easy ride	1½hrs -- Aerobic Power 1		2hrs -- 5 x powersprint	3½hrs -- Endurance, group ride
Week 8 7½hours		1½hrs -- Aerobic Power 4		1½hrs -- Aerobic Power 2		2hrs -- 5 x powersprint	2½hrs -- Endurance, group ride
Week 9 11hours		1½hrs -- Aerobic Power 1	2hrs -- Easy ride	1½hrs -- Aerobic Power 2		2½hrs -- 5 x powersprint	3½hrs -- Endurance, group ride
Week 10 11hours		1½hrs -- Aerobic Power 3	2hrs -- Easy ride	1½hrs -- Aerobic Power 4		2½hrs -- 6 x powersprint	3½hrs-- Endurance, group ride
Week 11 12hours		1½hrs -- Aerobic Power 4	2½hrs -- Easy ride	1½hrs -- Aerobic Power 2		2½hrs -- 6 x powersprint	4hrs -- Endurance, group ride
Week 12 8½hours		1½hrs -- Aerobic Power 2	1hr -- Easy ride	1½hrs -- Aerobic Power 3		1½hrs -- 6 x powersprint	3hrs -- Endurance, group ride

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### **Aerobic power 1 (50 minutes)**

15 minutes - Warm up (increasing intensity)  
5 x (4min high intensity + 2min low intensity)  
5 minutes cool down

This program is designed to increase your maximum oxygen consumption. It gives you 20 minutes at very high oxygen consumption, but it is not designed to be ridden to complete exhaustion. Your VO2 max will gain improvements even at a more comfortable pace. It is, however, still important to push yourself very hard during the intervals. In the resting periods you should maintain intensity at about 60% of VO2 max.

### **Aerobic power 2 (49 minutes)**

15 minutes - warm up (increasing intensity)  
5 x (40 sec. very high intensity – 20 sec. low intensity)  
3 minutes recovery  
5 x (40 sec. very high intensity – 20 sec. low intensity)  
3 minutes recovery  
5 x (40 sec. very high intensity – 20 sec. low intensity)  
3 minutes recovery  
5 x (40 sec. very high intensity – 20 sec. low intensity)  
5 minutes cool down

This program is also designed to increase your maximum oxygen consumption. You work with a slightly higher intensity during the intervals than in the previous 'Aerobic Power 1' program. You will also gain increments in your anaerobic capacity. You can expect results after only a couple of training sessions. This program really rocks.

### **Aerobic power 3**

10min warm-up  
3min (semi-high intensity)  
2min low intensity  
8 x (3min high intensity + 2min low intensity)  
5min cool down

This program gives you 24minutes at very high aerobic oxygen consumption. Your aerobic engine will love this program and you will be glad that these tough intervals are separated into short 3minutes bursts. It is though important to maintain some intensity in the recovery periods since that will help you to recover faster.

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### **Aerobic power 4**

10min warm-up

3min (semi-high intensity)

2min low intensity

4 x (6min high intensity + 4min low intensity)

5min cool down

This program also gives you 24minutes at very high aerobic oxygen consumption, but it will be tougher for you to maintain the same power outputs as in 'Aerobic Power 3' since the intervals are twice as long. If you compete in time trial events this program is good for pacing control training.

### **Power sprints**

This exercise improves your maximal sprinting power through neural adaptations. You shall perform a maximal sprint acceleration starting from slow speed (0-5 km/hr). Use gear 53/14-17. Between each sprint you need full recovery (5+ minutes).

### **Recommended reading:**

[Basic Principles of Cycling Training](#)

[5 Simple Tips for Better Recovery](#)

[How To Boost Your Performance With Alternative Workouts](#)

[How To Achieve Better Results With Spinning](#)

[5 Steps For Better Heart Rate Monitor Training](#)

[3 Reasons Why PowerTap SL is so Popular](#)

[How You Can Make Training4cyclists.com Even Better](#)

### **Support on 12 Week Winter Training Program**

I don't offer personal consultation on this training program, but I will gladly try to answer your questions, if you post a comment on one of my posts on training4cyclists.com. Thus, more people can learn from the answers from the readers and me.

I wish you good luck with your training.

Jesper Therkildsen

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