

Build Phase Key Workout Progression and Strength Maintenance Cheat Sheet

	Hill Reps	Zone 3 Intervals	Long Ride Duration
Week 1	10 x 30 seconds	4 x 16 minutes	4.5 hours
Week 2	8 x 1 minute	4 x 18 minutes	6 hours
Week 3	6 x 2 minutes	4 x 20 minutes	7.5 hours
Week 4	Recovery week	4 x 16 minutes	4 hours
Week 5	5 x 3 minutes	5 x 16 minutes	8 hours
Week 6	4 x 4 minutes	5 x 18 minutes	9.5 hours
Week 7	5 x 4 minutes	5 x 20 minutes	10+ hours
Week 8	Recovery week	5 x 16 minutes	4 hours

Lower Body Strength	Core
<p>1× per week 3 sets 12–15 reps ~15 min</p> <ul style="list-style-type: none"> • Lunge variations • Squat variations • Deadlifts • Hip thrusts • Step ups <p><i>Pick two exercises per session and complete three sets per exercise.. Keep weight low.</i></p>	<p>2× per week ~5 min</p> <ul style="list-style-type: none"> • Plank variations • Crunch variations • Mountain climbers • Deadbugs • Bird dogs • Glute bridges <p><i>Pick five exercises. Complete each for one minute.</i></p>

