

**2024 FRAMEWORK TRAINING PLAN FOR THE TOUR DU MONT BLANC**  
**FIG. 1: TRAINING FOCUS**

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale
				1	2	3	4	5		
Nov	37	Preparation (Polarised)	P1	1	2	3	4	5	<p><b>This is not a plan, but a framework and a set of guidelines. It remains your responsibility to think carefully about what is most appropriate for you. Please read this framework in conjunction with the Training Guidelines, published as a separate document.</b></p> <p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Be consistent: aim at training 10-15h per week on average.</li> <li>2. Develop your aerobic endurance: increase your weekly long ride progressively to 6-7h, riding at low intensity (below the first lactate threshold LT1).</li> <li>3. Develop your fat-burning capacity through moderating your carb intake and avoiding food for the first 2-3h of a long ride. Avoid eating on all rides shorter than 2h.</li> <li>4. Aim at a polarised training intensity distribution 90/10 low/high</li> <li>5. Include one HIT session per week</li> <li>6. Make sure you are getting adequate recovery. Monitor RHR and HRV to guide whether or not to do a high-intensity or high-volume session.</li> <li>7. Include exercises to improve your technical skills e.g. descending, cornering, etc.</li> </ol> <p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength and conditioning: 2 sessions/week</li> <li>2. Flexibility and stretching: 20 mins 2-3/week</li> <li>3. Complement occasionally with other sports: walking, running, swimming, etc.</li> </ol>	<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Consistency is vital if you are to make progress</li> <li>2. Aerobic endurance is by far the most important quality you need to build. If you ride too hard you will create too much fatigue for too little benefit.</li> <li>3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer</li> <li>4. A polarised training intensity distribution has been shown to be more effective than alternatives</li> <li>5. One HIT session per week will help increase your power at all durations as well as your pain tolerance</li> <li>6. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels.</li> <li>7. This is the best time to build technical skills.</li> </ol>
	36			1	2	3	4	5		
	35			1	2	3	4	5		
	34			1	2	3	4	5		
Dec	33		P2	1	2	3	4	5		
	32			1	2	3	4	5		
	31			1	2	3	4	5		
	30			1	2	3	4	5		
Jan	29		P4	1	2	3	4	5		
	28			1	2	3	4	5		
	27			1	2	3	4	5		
Feb	26		P4	1	2	3	4	5		
	25			1	2	3	4	5		
	24			1	2	3	4	5		
Mar	23		P5	1	2	3	4	5		
	22			1	2	3	4	5		
	21	1		2	3	4	5			
	20	1		2	3	4	5			
Apr	19	Pre-competition (Polarised)	PC1	1	2	3	4	5	<p><b>ON THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Aerobic endurance: continuing long low-intensity rides, progressing to a 10 or 11h ride by mid-June.</li> <li>2. Recovery: 1-2 very easy rides/week</li> <li>3. Recovery week: reduce the training load by &gt;50%</li> <li>4. Test your equipment and nutrition/hydration options</li> </ol> <p><b>OFF THE BIKE - WHAT</b></p> <ol style="list-style-type: none"> <li>1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week</li> <li>2. Other activities: optional (swim, walk...)</li> <li>3. Maximise your sleep</li> <li>4. Ensure high quality nutrition, minimum travel, minimum stress</li> </ol>	<p><b>ON THE BIKE - WHY</b></p> <ol style="list-style-type: none"> <li>1. Gym exercises to improve leg and core strength will make you an all-round stronger cyclist.</li> <li>2. Maintaining flexibility is essential to pedal efficiently and avoid injury.</li> <li>3. Doing the occasional walk, run or swim uses your muscles differently, combats boredom and contributes to overall fitness.</li> </ol>
	18			1	2	3	4	5		
	17			1	2	3	4	5		
	16			1	2	3	4	5		
May	15		PC2	1	2	3	4	5		
	14			1	2	3	4	5		
	13			1	2	3	4	5		
Jun	12		PC3	1	2	3	4	5		
	11	1		2	3	4	5			
	10	1		2	3	4	5			
Jul	9	Competition	1	2	3	4	5	<p><b>OFF THE BIKE - WHAT</b></p> <p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	<p><b>OFF THE BIKE - WHY</b></p> <p>Reducing fatigue while maintaining fitness increases your ability to perform well</p>	
	8		1	2	3	4	5			
Jul	7	Competition	1	2	3	4	5	<p><b>ON THE BIKE - WHAT</b></p> <p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	<p><b>ON THE BIKE - WHY</b></p> <p>Reducing fatigue while maintaining fitness increases your ability to perform well</p>	
	6		1	2	3	4	5			
Jul	5	Competition	1	2	3	4	5	<p><b>OFF THE BIKE - WHAT</b></p> <p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	<p><b>OFF THE BIKE - WHY</b></p> <p>Reducing fatigue while maintaining fitness increases your ability to perform well</p>	
	4		1	2	3	4	5			
Jul	3	Competition	1	2	3	4	5	<p><b>ON THE BIKE - WHAT</b></p> <p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	<p><b>ON THE BIKE - WHY</b></p> <p>Reducing fatigue while maintaining fitness increases your ability to perform well</p>	
	2		1	2	3	4	5			
Jul	1	Competition	1	2	3	4	5	<p><b>OFF THE BIKE - WHAT</b></p> <p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	<p><b>OFF THE BIKE - WHY</b></p> <p>Reducing fatigue while maintaining fitness increases your ability to perform well</p>	
	1		1	2	3	4	5			

\* Your training volume can be counted in hours. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

**2024 FRAMEWORK TRAINING PLAN FOR THE TOUR DU MONT BLANC**  
**FIG. 2: SUGGESTED WORKOUTS**

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week.			
				1	2	3	4	5				
Nov	37	Preparation (Polarised)	P1	1	2	3	4	5	<p>The workouts are in order of priority: <b>do the first ones first</b>. Only do a high-intensity workout on a day when you feel fresh and ready (ideally, you should monitor this with your RHR (Resting Heart Rate) and HRV (Heart Rate Variability) measured first thing in the morning).</p> <p><b>HIGH VOLUME WEEKS (POLARISED 90/10)</b></p> <ol style="list-style-type: none"> <li>1. Low intensity long ride, starting at 2-3hrs and progressing to 6-7hrs. This ride should feel very easy (at least for the first 2-3h)</li> <li>2. Second low intensity ride 2-3 hrs, progressing to 3-5hrs (with focus on technical limiters)</li> <li>3. Short HIT session e.g. 8 x [1'Z5 – 1'Z1], or Tabata type intervals e.g. 3 blocks of 12 x 20" hard/10" easy, or 30" hard/15" easy, with 5' between blocks. <u>At least 15'</u> warm-up and cool-down before and after the intervals.</li> <li>4. Third low intensity ride 2-3 hrs</li> <li>5. Recovery ride 1hr</li> </ol> <p><b>RECOVERY WEEKS</b></p> <ol style="list-style-type: none"> <li>1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs</li> <li>2. Second low intensity ride, 1-2 hrs</li> <li>3. Third low intensity ride, 1-2 hrs</li> </ol> <p><b>STRENGTH &amp; CONDITIONING</b></p> <ol style="list-style-type: none"> <li>1. Gym session mostly focused on core strength and leg strength. Get advice from a specialist.</li> <li>2. Stretching (e.g. Pilates or Yoga)</li> <li>3. Second gym session.</li> <li>4. Second stretching session</li> </ol>			
	36			1	2	3	4	5				
	35			1	2	3	4	5				
	34			1	2	3	4	5				
Dec	33		Preparation (Polarised)	P2	1	2	3	4		5		
	32				1	2	3	4		5		
	31				1	2	3	4		5		
	30				1	2	3	4		5		
Jan	29			Preparation (Polarised)	P4	1	2	3		4	5	
	28					1	2	3		4	5	
	27					1	2	3		4	5	
	26					1	2	3		4	5	
Feb	25				Preparation (Polarised)	P4	1	2		3	4	5
	24						1	2		3	4	5
	23						1	2		3	4	5
	22						1	2		3	4	5
Mar	21					Preparation (Polarised)	P5	1		2	3	4
	20	1						2	3	4	5	
	19	1						2	3	4	5	
	18	1						2	3	4	5	
Apr	17	Pre-competition (Polarised)					PC1	1	2	3	4	5
	16		1					2	3	4	5	
	15		1					2	3	4	5	
	14		1					2	3	4	5	
May	13		Pre-competition (Polarised)				PC2	1	2	3	4	5
	12			1				2	3	4	5	
	11			1				2	3	4	5	
	10			1				2	3	4	5	
Jun	9			Pre-competition (Polarised)			PC3	1	2	3	4	5
	8				1			2	3	4	5	
	7				1			2	3	4	5	
	6				1			2	3	4	5	
Jul	5				Competition			1	2	3	4	5
	4					1		2	3	4	5	
	3					1		2	3	4	5	
	2					1		2	3	4	5	
1	1				2	3	4	5	<p>Two or three week progressive taper in which you reduce the volume by 50%. Plan to arrive at Les Saisies 2-3 days in advance.</p>			

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