

2023 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	44	Preparation (Polarised)	P1	1	2	3	4	5	<p>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.</p> <p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Be consistent: aim at training 10-15h per week on average. 2. Develop your aerobic endurance: increase your weekly long ride progressively to 6-7h, riding at low intensity (below the first lactate threshold LT1). 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. 4. Aim at a polarised training intensity distribution 90/10 low/high 5. Include one HIT session per week 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. 7. Include exercises to improve your technical skills e.g. descending, cornering, etc. 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Consistency is vital if you are to make progress 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. 3. Improved fat-burning capacity will enable you to conserve glycogen and ride harder for longer 4. A polarised training intensity distribution has been shown to be more effective than alternatives 5. One HIT session per week will help increase your power at all durations as well as your pain tolerance 6. You get stronger during recovery, NOT during training. High-intensity training brings little or no benefit when your HRV is below normal levels. 7. This is the best time to build technical skills. 						
	45			1	2	3	4	5								
	46			1	2	3	4	5								
	47			1	2	3	4	5								
Dec	48		Preparation (Polarised)	P2	1	2	3	4			5	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Strength and conditioning: 2 sessions/week 2. Flexibility and stretching: 20 mins 2-3/week 3. Complement occasionally with other sports: walking, running, swimming, etc. 	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Gym exercises to improve leg and core strength will make you an all-round stronger cyclist. 2. Maintaining flexibility is essential to pedal efficiently and avoid injury. 3. Doing the occasional walk, run or swim uses your muscles differently, combats boredom and contributes to overall fitness. 			
	49				1	2	3	4			5					
	50				1	2	3	4			5					
	51				1	2	3	4			5					
Jan	52			Preparation (Polarised)	P4	1	2	3			4			5	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Aerobic endurance: continuing long low-intensity rides, progressing to a 10h ride by mid-June. 2. Recovery: 1-2 very easy rides/week 3. Recovery week: reduce the training load by >50% 4. Test your equipment and nutrition/hydration options 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Long rides are needed to push the limits of your aerobic endurance. Avoid intensity (=fatigue) 2. One or two short, easy rides during the week will help recovery 3. Proper recovery every 2-3 weeks is essential to absorb the training load 4. All new equipment or nutrition must be tested now to avoid disaster in July.
	1					1	2	3			4			5		
	2					1	2	3			4			5		
	3					1	2	3			4			5		
Feb	4				Preparation (Polarised)	P4	1	2			3			4		
	5	1					2	3	4	5						
	6	1					2	3	4	5						
	7	1					2	3	4	5						
Mar	8	Preparation (Polarised)				P5	1	2	3	4	5			<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 		
	9		1				2	3	4	5						
	10		1				2	3	4	5						
	11		1				2	3	4	5						
Apr	12		Pre-competition (Polarised)			PC1	1	2	3	4	5	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Maintaining flexibility is vital 2. Other activities: as desired to maintain motivation. 3. Sleep and nutrition are essential for recovery and adaptation 4. Travel and stress will negatively affect your ability to train and adapt. 			
	13			1			2	3	4	5						
	14			1			2	3	4	5						
	15			1			2	3	4	5						
May	16			Pre-competition (Polarised)		PC2	1	2	3	4	5				<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Long rides are needed to push the limits of your aerobic endurance. Avoid intensity (=fatigue) 2. One or two short, easy rides during the week will help recovery 3. Proper recovery every 2-3 weeks is essential to absorb the training load 4. All new equipment or nutrition must be tested now to avoid disaster in July.
	17				1		2	3	4	5						
	18				1		2	3	4	5						
	19				1		2	3	4	5						
Jun	20				Pre-competition (Polarised)	PC3	1	2	3	4	5					
	21	1					2	3	4	5						
	22	1					2	3	4	5						
	23	1					2	3	4	5						
Jul	24	Competition					1	2	3	4	5			<p>ON THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 		
	25		1				2	3	4	5						
	26		1				2	3	4	5						
	27		1				2	3	4	5						
Jul	28		Competition				1	2	3	4	5	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Strength maintenance 1/week. Flexibility and stretching: 20 mins 2-3/week 2. Other activities: optional (swim, walk...) 3. Maximise your sleep 4. Ensure high quality nutrition, minimum travel, minimum stress 	<p>OFF THE BIKE</p> <ol style="list-style-type: none"> 1. Maintaining flexibility is vital 2. Other activities: as desired to maintain motivation. 3. Sleep and nutrition are essential for recovery and adaptation 4. Travel and stress will negatively affect your ability to train and adapt. 			
28	1			2			3	4	5							
29	1			2			3	4	5							
30	1			2			3	4	5							

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

2023 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	44	Preparation (Polarised)	P1	1	2	3	4	5	<p>The workouts are in order of priority: do the first ones first. 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>HIGH VOLUME WEEKS (POLARISED 90/10)</p> <ol style="list-style-type: none"> 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) 2. Second low intensity ride 2-3 hrs, progressing to 3-5hrs (with focus on technical limiters) 3. Short HIT session e.g. 8 x [1'Z5 – 1'Z1], or Tabata type intervals e.g. 3 blocks of 12 x 20/10 or 30/15, with 5' between blocks. At least 15' warm-up and cool-down. 4. Third low intensity ride 2-3 hrs 5. Recovery ride 1hr <p>RECOVERY WEEKS</p> <ol style="list-style-type: none"> 1. Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs 2. Second low intensity ride, 1-2 hrs 3. Third low intensity ride, 1-2 hrs <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> 1. Gym session mostly focused on core strength and leg strength. Get advice from a specialist. 2. Stretching (e.g. Pilates or Yoga) 3. Second gym session. 4. Second stretching session 		
	45			1	2	3	4	5			
	46			1	2	3	4	5			
	47			1	2	3	4	5			
Dec	48		Preparation (Polarised)	P2	1	2	3	4		5	
	49				1	2	3	4		5	
	50				1	2	3	4		5	
	51				1	2	3	4		5	
52	1			2	3	4	5				
Jan	1			Preparation (Polarised)	P4	1	2	3		4	5
	2					1	2	3		4	5
	3					1	2	3		4	5
	4					1	2	3		4	5
Feb	5	Preparation (Polarised)			P4	1	2	3	4	5	
	6					1	2	3	4	5	
	7					1	2	3	4	5	
	8					1	2	3	4	5	
Mar	9		Preparation (Polarised)		P5	1	2	3	4	5	
	10					1	2	3	4	5	
	11					1	2	3	4	5	
	12					1	2	3	4	5	
Apr	13				Pre-competition (Polarised)	PC1	1	2	3	4	5
	14			1			2	3	4	5	
	15			1			2	3	4	5	
	16			1			2	3	4	5	
May	17			Pre-competition (Polarised)		PC2	1	2	3	4	5
	18	1					2	3	4	5	
	19	1					2	3	4	5	
	20	1					2	3	4	5	
Jun	21	Pre-competition (Polarised)				PC3	1	2	3	4	5
	22		1				2	3	4	5	
	23		1				2	3	4	5	
	24		1				2	3	4	5	
Jul	25		Competition				1	2	3	4	5
	26				1		2	3	4	5	
	27				1		2	3	4	5	
	28				1		2	3	4	5	

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