

6-Gap Training Series (6GTS)

Training Block	# Weeks / Period	Weekly Commitment	SCFW Rides	Notes / Details	Other Self-directed Workouts
Hill-Climbing	15 Weeks (#24-38) / June 11 - Sept 23				
Endurance Conditioning	6 Weeks (#24-29) / June 11 - July 22	Work up to weekly schedule of 120-150mi / 8-10hrs at Zone 2-3 pace	Saturday - ~10-12mi added to Club Combo. Sunday - 6GTS miles added to each B ride.	June 11 - Metric Century: complete full century. Sat extensions to Club Combo - depending on wind continue north, south or west. Sun miles identified as 6GTS in std cal entry.	Calisthenics &/or weight training to strengthen core, shoulders, and legs as advised by a competent trainer.
Strength Development	7 Weeks (# 30-36) / July 23 - Sept 9	Maintain total weekly schedule of 120-150mi / 8-10hr riding	Saturday - 6GTS sessions instead of Club Combo. Sunday - 6GTS miles added to each B ride.	W = Warm up, I = Intense, E = Easy, C = Cool down	
	Week 1	Intervals	Sat 7/29, Newfound Hbr	W- 3.2mi, (I-3.0mi, E-3.5mi) x 3 times around, C- 3.2mi	Speed intervals: W-10m, (((I-30s, E-90s) x 5 times) x 3 sets), C-5m
	Week 2	Time Trials	Sat 8/5, Sea Ray	W- 5.8mi, (I-5mi, E-5mi) x 2 times, C- 5.8mi	
	Week 3	Intervals	Sat 8/12, Newfound Hbr	W- 3.2mi, (I-4.5mi, E-2mi) x 4 times around, C- 3.2mi	Speed intervals: W-10m, (((I-60s, E-60s) x 5 times) x the 3 sets), C-5m
	Week 4	Cornering	Sat 8/19, Airport or MIV Circuit	20-25 laps	MIV - Merritt Island Velodrome Airport - Cone-Kemp-Manor-Gladiola
	Week 5	Time Trials	Sat 8/26, Pine Island	W- 14.7mi, (I-5.5mi, E- 1.5mi) x 2 times, C- 14.7mi	
	Week 6	Cornering	Sat 9/2, Airport or MIV Circuit	30-40 laps	
	Week 7	Time Trials	Sat 9/9, Pine Island	W- 14.7mi, (I-5.5mi, E- 1.5mi) x 3 times, C- 14.7mi	
Finish Work	2 Weeks (#37&38) / Sept 10 - 23	Reduce total weekly schedule to 80-100mi / 5-6hr riding at Zone 2-3 pace.			
	Week 1	Light intervals	Sat, 9/16, Newfound Hbr	W- 3.2mi, (I-3.0mi, E-3.5mi) x 2 times around, C- 3.2mi. Intensity somewhat lower that earlier.	