

Zwift training program





INTRO:

- This plan is designed for intermediate to advanced athletes.
- This training program is not suitable for absolute beginners.
- The plan is designed for smart trainers and Zwift.

- The plan includes 3 core and 2 additional training sessions per week.
- Most workouts last between 60 and 75 minutes.

- You can find all the workouts for download at : **www.rad-race.com/zwifttraining**

The plan is completely free. Feel free to share it with your friends.

Enjoy your training!



HOW TO:

First of all: download all Zwift workouts on: www.rad-race.com/zwifttraining and import them into your Zwift workout folder (there are plenty of tutorials on YouTube, you will need a MAC or PC for this).

Then use this PDF as your Training Plan:

- The plan consists of 2 blocks, each lasting for 6 weeks, and they repeat. However, after the first 6 weeks, we will adjust your metrics.
- So, if you wish, you can even add a third block or stick to just 6 weeks.
- At the beginning of each week, you will find an overview of all the training sessions.
- The units **highlighted in color** are the core sessions. These sessions are mandatory for the plan to be effective. The other sessions are meaningful additions that you should ideally complete as well.
- LIT Sessions: spending 2 hours on the indoor trainer can be boring. You can also ride outdoors. It's not a problem if these sessions end up being longer, but make sure you stay truly relaxed during them to ensure proper recovery for the HIT sessions. Alternatively, you can also opt for free rides or „Robo Pacers“ on Zwift.



REALY IMPORTANT:

- Only train when you feel healthy.
- Listen to your body - if you feel overworked, take it down a notch. The HIT sessions should always be tough but still under control.
- Pay attention to good recovery and a balanced diet, as your body will have to endure a lot in the next 12 weeks.
- Try to have as much fun as possible

If you start your training on 27th of November, you can train the HIT Sessions on Wednesdays within the official RAD RACE Zwift Workouts:

<https://www.zwift.com/eu-de/events/tag/radrace>



WEEK 1:

In the first week, we determine your training zones for the upcoming weeks with the FTP test. Otherwise, we prepare your body for what lies ahead. So, it remains quite relaxed for now.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	We start with a rest day. However, you could already prepare everything today: import the workouts and calibrate your trainer.	
TUESDAY	LIT // 1:00H	1:00
	Today, we're just giving your legs a little shake to prepare you for the FTP test tomorrow. The entire hour should feel very relaxed for you.	
WEDNESDAY	FTP TEST (by Zwift)	1:13
	Let's get started! Today, it's the FTP test to determine your values for the next 6 weeks. Make sure to have sufficient carbohydrates before the session. Take another gel or isotonic drink during the warm-up.	
THURSDAY	HIT 2x8x40/20 // 0:50H	0:50
	The intervals should feel tough but still under control. If you have to go all-out, adjust your FTP slightly downward accordingly. Consume 60-90g of carbohydrates per hour during the session.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	LIT ZONE 2 WAVES // 1:20H	1:20
	The entire session should feel quite easy. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
SUNDAY	LIT // 1:30H	1:00
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 2:

In the second week, you can expect two intense sessions. However, these sessions should still be manageable.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel fairly easy. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 4x4 // 1:00H	1:00
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x8x40/20 // 1:05	1:05
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 3:

This week is going to be intense. Compared to the previous week, we're stepping it up a notch in the HIT sessions. However, as long as you focus on adequate recovery and good nutrition, you can handle it.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE2 WAVES // 1:20H	1:20
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 3x9x40/20 // 1:10H	1:10
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 5x4 // 1:05H	1:05
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 4:

This week, we're dialing down the overall intensity a bit. Less high-intensity, but a bit longer. However, the only high-intensity (HIT) session this week is quite challenging. Good luck!

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	SIT (SPRINT INTERVALS) // 1:00H	1:00
	Perform the 12-second sprints at submaximal intensity: that is, at 90% of what you could do at your maximum. In between, everything should feel very easy. CAUTION: The sprints are not done in ERG mode!	
WEDNESDAY	HIT 2x12 DROPSET // 1:10H	1:10
	No need to apologize. If you have any more questions or need assistance, feel free to ask.	
THURSDAY	LIT // 1:00 H	1:15
	Loosen up your legs for one hour. The session should feel very relaxed for you.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
SUNDAY	LIT // 2:00H	2:00
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 3:00 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 5:

Two more HIT sessions await you. However, by this point in the plan, you should be feeling more comfortable in the high-intensity range than when you started.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE2 WAVES // 1:20H	1:20
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 5x5 // 1:15H	1:15
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:00H	1:15
	Loosen up your legs for one hour. The session should feel very relaxed for you.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x12x30/15 // 1:10H	1:10
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 6:

Last week of the first block! Two more HIT sessions that will be quite challenging. Make sure to have adequate rest between the sessions!

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 6x4 // 1:15H	1:15
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x10x40/20 // 1:20H	1:20
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 7:

Great! The first block is completed. This week, there will be one uncomfortable moment for 20 minutes: the second FTP test is up. Otherwise, this week is all about recovery - meaning longer sessions with lower intensity.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT // 1:00H	1:00
	One hour to loosen up your legs for tomorrow. The session should feel very relaxed for you.	
WEDNESDAY	FTP TEST (by ZWIFT)	1:13
	You're already familiar with this - the second FTP test. Tip: ride the first 5 minutes at the FTP you've been training with, and then gradually ramp it up. Don't overexert yourself! Before the workout and during the warm-up, take some gel or isotonic drink to fuel your body.	
THURSDAY	LIT // 1:00H	1:00
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	LIT ZONE2 WAVES // 1:20H	1:20
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 8:

Recovered enough? We're starting again with the intense sessions and your new values.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 4x4 // 1:00H	1:00
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x8x40/20 // 1:05	1:05
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 9:

This week, we're increasing the intensity once more. Pay attention to the recovery between your sessions!

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE2 WAVES // 1:20H	1:20
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 3x9x40/20 // 1:10H	1:10
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 5x4 // 1:05H	1:05
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 10:

Less intensity but a bit longer. Unfortunately, Wednesday will be tough again...

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	SIT (SPRINT INTERVALS) // 1:00H	1:20
	Perform the 12-second sprints at submaximal intensity: that is, at 90% of what you could do at your maximum. In between, everything should feel very easy. CAUTION: The sprints are not done in ERG mode!	
WEDNESDAY	HIT 2x12 DROPSET // 1:10H	1:10
	I'm sorry. Truly, truly.	
THURSDAY	LIT // 1:00 H	1:00
	One hour to loosen up your legs. The session should feel very relaxed for you.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel quite easy. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
SUNDAY	LIT // 2:00H	2:00
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 3:00 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 11:

Alright, final push! In the last two weeks, we're increasing the intensity a bit. Pay special attention to your recovery and nutrition this week.

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE2 WAVES // 1:20H	1:20
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 5x5 // 1:15H	1:15
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:00H	1:15
	One hour to loosen up your legs. The session should feel very relaxed for you.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x12x30/15 // 1:10H	1:10
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:30 hours. Consume 30-60g of carbohydrates per hour.	



WEEK 12:

Final stretch! The last two intense sessions of the plan are waiting for you this week. After that, the hard work comes to a temporary end. Keep going!

DAY	WORKOUT NAME	DURATION
MONDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
TUESDAY	LIT ZONE 2 PYRAMIDES // 1:10H	1:10
	The entire session should feel fairly relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
WEDNESDAY	HIT 6x4 // 1:15H	1:15
	The intervals should feel tough but still controlled. Consume 60-90g of carbohydrates per hour during the session.	
THURSDAY	LIT // 1:15H	1:15
	The entire session should feel very relaxed. If you're riding outside, don't go longer than 2:00 hours. Consume 30-60g of carbohydrates per hour.	
FRIDAY	-	-
	Rest day today. Engaging in mobility or core training would be a good idea.	
SATURDAY	HIT 3x10x40/20 // 1:20H	1:20
	The intervals should feel tough but still controlled. If you're feeling good, push a bit harder in the last set. Consume 60-90g of carbohydrates per hour during the session.	
SUNDAY	LIT // 1:30H	1:30
	Or, you can chill and simply stay on the couch today. That works too.	



DONE!

That's it.

In theory, you can start the plan again from the beginning to add a third block. However, before you do that, I recommend taking it easy for two weeks: just one intense session at most per week, and otherwise, keep the intensity low but consider longer workouts.

I'm curious to hear how the training has worked for you. Feel free to give us some feedback!

- *Kai*