



Month - 1

Rider – Aiming to improve in Big Rides and Fondos

Total hours per week - 9 to 14

Our aim is to help you see real world improvements, so this month starts off with a test to define your training levels. It's a hill climb with an approximately 5% average gradient. You'll be doing this test at the start of each month, so it will be a great way to track your improved times up this climb as well as your FTP power number.

How to get the best out of this program

We've outlined specific FulGaz sessions for you. Try to do these no matter what. You don't have to do them on the days we suggest, but it's best not to do them on consecutive days because you want your legs to be fresh enough to go at the target power levels for the sessions.

We've also outlined general direction and training volume to accompany the FulGaz sessions. You could do these in FulGaz, outdoors or in another app.

Week 1

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

Monday

Easy day

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

Tuesday

FulGaz Session – Kinglake FTP Test

Goal - Work out your individual training levels

A flat out uphill time trial of approx. 20 mins, followed by a shorter max effort

Wednesday

60 to 90 mins hilly

Goal - Tempo / endurance, more time at “Sweet Spot”

Suggested FulGaz session Marin Headlands

Aim for up to 90% of FTP on the climbs. Don't overdo it. You're looking for lots of time at this intensity this week, not one amazing session then ruined for days.

Thursday

FulGaz Session - Sun Road-West Intervals

Goal - Technique and conditioning

1 hour 9 mins, a long steady climb with high cadence intervals

Friday

Day off

Goal - Recover

You need to be ready for some tough sessions on the weekend

Saturday

FulGaz Session – Phil's Cookie Fondo Highlights

Goal - Endurance and pedaling efficiency

1 hour 30 mins working up some great climbs

Sunday

Long ride up to 4 hours outdoors or 2 hours indoors

Goal - Build endurance

In a perfect world this would be half flat, hard hilly. Here's some suggestions:

1) 2 hours outdoors steady then pick a favourite Mountain in FulGaz; or 2) Choose FulGaz rides from Easy and Mountain to make up the duration

Week 2

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

Monday

Easy day

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

Tuesday

FulGaz Session - Aerobic Power – Springbrook

Goal - Build power aerobically

57 mins Changing tempo up a long, steady climb

Wednesday

60 to 90 mins hilly

Goal – Tempo / endurance, more time at “Sweet Spot”

Suggested FulGaz session Santa Monica Mountains – Yerba Buena

Aim for 85 to 90% of FTP

Thursday

FulGaz Session - Climbing Power – Cap Formentor

Goal - Spending time at and above FTP

1 hour 42 mins This is the longest FulGaz session of the week

Friday

Day off

Goal - Recover

You need to be ready for some tough sessions on the weekend

Saturday

FulGaz Session – Phil’s Cookie Fondo Highlights

Goal - Endurance and pedaling efficiency

1 hour 30 mins Let’s see how this compares to last week

Sunday

Long ride up to 4 hours outdoors or 2 hours indoors

Goal - Build endurance

In a perfect world this would be half flat, hard hilly. Here’s some suggestions:

1) 2 hours outdoors steady then pick a favourite Mountain in FulGaz; or 2) Choose FulGaz rides from Easy and Mountain to make up the duration

Week 3

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

Monday

Easy day

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

Tuesday

FulGaz Session - Aerobic Power – Springbrook

Goal - Build power aerobically

57 mins. Changing tempo up a long, steady climb

Wednesday

1 hour easy spin

Goal - Recover from yesterday

Suggested FulGaz session San Francisco Waterfront

Thursday

FulGaz Session - Sun Road-West Intervals

Goal - Technique and conditioning

1 hour 9 mins. A long steady climb with high cadence intervals

Friday

Day off

Goal - Recover

You need to be ready for some tough sessions on the weekend

Saturday

FulGaz Session - Climbing Power – Cap Formentor

Goal - Spending time at and above FTP

1 hour 42 mins. Let's see how this compares to last week

Sunday

Long ride up to 4 hours outdoors or 2 hours indoors

Goal - Build endurance

In a perfect world this would be half flat, hard hilly. Here's some suggestions:

1) 2 hours outdoors steady then pick a favourite Mountain in FulGaz; or 2) Choose FulGaz rides from Easy and Mountain to make up the duration

Week 4

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

Monday

Easy day

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

Tuesday

FulGaz Session – Warnambool Warmup + Volcano

Goal - Build power aerobically

57 mins Changing tempo up a long, steady climb

Wednesday

1 hour easy spin

Goal - Recover from yesterday

Suggested FulGaz session - Home Again

Thursday

FulGaz Session – Cruising by the lake

Goal - Changing tempo without going too hard

A cruisy, unstructured day. Save it for the FTP test on Saturday

Friday

Day off

Goal - Recover

You need to be ready for some tough sessions on the weekend

Saturday

FulGaz Session – Kinglake FTP Test

Goal - Work out your individual training levels

A flat out uphill time trial of approx. 20 mins, followed by a shorter max effort. How will this compare to the start of the month?

Sunday

Long ride up to 4 hours outdoors or 2 hours indoors

Goal - Build endurance

In a perfect world this would be half flat, hard hilly. Here's some suggestions:

1) 2 hours outdoors steady then pick a favourite Mountain in FulGaz; or 2) Choose FulGaz rides from Easy and Mountain to make up the duration

Further notes to help you

What if the sessions are too long for you?

Get through as much as you can. While it might feel like failure, completing half of every session in the first month is big achievement that will help you improve. This is a much better approach than fighting to finish one session then not riding for the rest of the week because you're too sore.

What if you usually do longer sessions or ride harder?

It's OK to do more volume, but don't supplement the FulGaz rides with going harder every other day. This phase is about building as much time just under or at FTP. It's OK to do 1.5 or 2x some of the shorter FulGaz sessions, or repeat them on other days.

What happens if I miss a day or need to travel for a few days?

Don't stress, we won't throw you of the program! We had a limited number of people we could give access to, so we gave priority to people who would get a lot of benefit from the program. If you miss one day, you're generally going to be getting a bit of recovery so the general guide is as follows

1. Missed a day because of work commitments - do climbing sessions for the next two days in a row to catch up
2. Missed a day because you were sick - forget about it, you need the recovery

If you need to travel for a while for work or a vacation, try to ride or exercise if you can then just jump back in on the relevant day

Go EASY on the easy days

One of the biggest mistakes keen amateurs make compared to their professional counterparts is to go too hard on their easy days - Only to then not be able to go hard enough when they need to do a tough session. If you ever get the chance to go for a ride with a Pro bike rider, you'd be amazed how slowly they go on their easy days. If that sounds like you, set yourself a limit of 50% of FTP on the flat and avoid hills on your easy days.

Having technical issues?

There's lots of help in our [support forum](#)

Want to connect with other people doing the program?

Visit the [FulGaz Riders Facebook Group](#)

Disclaimer

If you are unsure of your current health or suitability to undertake this or any training program, consult a medical professional. You undertake this program at your own risk. Bizar Mobile Pty Ltd (Parent company of FulGaz) it's employees and contractors accept no liability whatsoever for any situation arising from undertaking this program or the sessions within it.