



## Month - 2

Rider – Aiming to improve in Big Rides and Fondos

Total hours per week - 9 to 14

You'll now be settled into the program and have a good idea of how it works. You should have your new FTP test power level added to FulGaz. This month the training starts to change, with some sessions focusing on higher intensity efforts with bigger recoveries. This is the training that changes you from a "one speed wonder" to a more versatile rider – no matter what your current level or speed.

### **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.

### **IMPORTANT!!**

Make sure you've got your settings correct before doing these sessions. Here's how to be 100% sure you're fully set up and ready to go.

<https://support.fulgaz.com/hc/en-us/articles/360025406951-FulGaz-3-0-Beta-Known-Issues>

## Week 5

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 – Start building your high-end power and ability to surge up hills

*1 hour. A warmup ride, followed by laps of an extinct volcano in Australia*

### 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 – Col du Telegraphe Intervals**

Goal – Increase FTP

*1 hour 4 min. A specially modified version of the climb that lets you focus on under/over FTP efforts*

### Friday

#### **Day off**

Goal – Recover

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

### Saturday

#### **FulGaz Session – West Head Lookout**

Goal – Improve FTP and climbing power

*1 hour 10 mins. A special, shorter version of this ride on one some amazing cycling roads.*

### 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 6

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 – Continue building your high-end power and ability to surge up hills

*1 hour. A warmup ride, followed by laps of an extinct Australian volcano*

## 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 – Gampenpass Intervals**

Goal – Increase FTP

*1 hour 13 min. , A specially modified version of the climb that lets you focus on under/over FTP efforts. Stunning scenery will take your mind off how your legs feel*

## 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 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*

## Week 7

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 – Humphries Hurt Box**

Goal – Build your max aerobic power

*1 hour 10 mins. Repeating 4 mins very hard, 4 mins easy on and around Humphries Road*

### Wednesday

#### **2 hours easy spin**

Goal - Recover from yesterday

*Suggested FulGaz session The Great Train Robbery*

### Thursday

#### **FulGaz Session – Col du Telegraphe Intervals**

Goal – Increase FTP

*1 hour 4 min. A specially modified version of the climb that lets you focus on under/over FTP efforts. A bit more work than last time*

### Friday

#### **Day off**

Goal – Recover

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

### Saturday

#### **FulGaz Session - Warnambool Warmup + Volcano**

Goal – Continue building your high-end power and ability to surge up hills

*1 hour. A warmup ride, followed by laps of an extinct Australian volcano*

### 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 8

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. This week is the same “Taper” week as last month. You’ll know by now if you need to back off a bit more.

### Monday

#### **Easy day**

Goal - Recover from the weekend

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

### Tuesday

#### **FulGaz Session – Marin Headlands Adventure**

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 day working on pedaling technique. Save yourself 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

### **IMPORTANT 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 happens if I miss a day or need to travel for a few days?**

Don't stress, we won't throw you off 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.