

EVOLVE

COACHING

TRAINING PLAN

USER GUIDE

Thank you for purchasing your training plan from Evolve Coaching. This guide will help you get the most from your structured training programme.

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1. WELCOME FROM BRYN

Thanks for choosing Evolve Coaching for your training.

I created this plan to give you structure, direction, and proven training methods that will help you achieve your cycling goals — whether that's getting faster on Zwift, completing your first century, or just building fitness you can rely on.

This isn't a generic one-size-fits-all programme. The structure is based on proven training principles that I use with all my coached athletes, adapted into a format you can follow independently.

What makes this plan different:

- Built by a qualified coach (BSc Hons Sport, Fitness and Coaching)
- Used successfully by Team Evolve riders (300+ members)
- Flexible enough to fit around your life
- Clear guidance on when to push hard and when to back off

Take your time reading this guide. Understanding *why* you're doing each session will help you train smarter and get better results.

Let's get to work.

— Bryn Griffith

Founder, Evolve Coaching

BSc (Hons) Sport, Fitness and Coaching

2. BEFORE YOU START

- ✓ **Medical clearance** Consult a physician if you have any health concerns or have been inactive for 6+ months

- ✓ **Equipment check** Ensure your bike is properly fitted and mechanically sound

- ✓ **FTP test scheduled** Book time in your calendar for the initial FTP test (week 1)

- ✓ **TrainingPeaks setup** Create a free account at [trainingpeaks.com](https://www.trainingpeaks.com) and upload your plan

- ✓ **Training time blocked** Review the weekly schedule and block time in your calendar

3. UNDERSTANDING FTP

What is FTP?

Functional Threshold Power (FTP) is the maximum power you can sustain for approximately 60 minutes. It's the cornerstone metric for structuring your training, as most sessions in this plan are prescribed as a percentage of your FTP.

Why we test FTP:

- Ensures training zones are accurate for YOUR fitness level
- Provides a baseline to measure progress
- Prevents training too hard (burnout) or too easy (no adaptation)

How to test FTP

Your plan includes a 20-minute FTP test in Week 1. Here's how to execute it:

Warm-up	15-20 minutes easy spinning with 3-4 x 1-min efforts building to threshold
Recovery	5 minutes very easy
Test	20 minutes ALL OUT — pace as evenly as possible from start to finish
Cool-down	10-15 minutes easy

Calculating your FTP:

$FTP = 20\text{-minute average power} \times 0.95$

(Use 0.93 if you're new to testing, 0.95 if experienced)

Important: Update your FTP in TrainingPeaks, Zwift, and any other platforms you use immediately after testing. This ensures all your training zones are accurate.

4. TRAINING ZONES EXPLAINED

Each training zone targets specific physiological adaptations. Understanding what each zone should feel like helps you train more effectively.

ZONE 1: Recovery < 55% FTP < 68% Max HR	Feel: Very easy. Can hold full conversation. Should feel genuinely restorative. Purpose: Active recovery between hard sessions. Maintain fitness without fatigue.
ZONE 2: Endurance 56-75% FTP 69-83% Max HR	Feel: Comfortable. Can talk in full sentences. Should feel sustainable for hours. Purpose: Build aerobic base, fat oxidation, mitochondrial density. Foundation of fitness.
ZONE 3: Tempo 76-87% FTP 84-94% Max HR	Feel: Moderately hard. Breathing elevated, can speak in short sentences only. Purpose: Muscular endurance. Comfortable discomfort you could hold for 60-90 minutes.
ZONE 4: Threshold 88-106% FTP 95-105% Max HR	Feel: Hard. Legs burning, breathing makes talking difficult. Sustainable for 30-60 min. Purpose: Raise FTP. This is where threshold adaptations happen.
ZONE 5: VO2 Max 106-150% FTP > 106% Max HR	Feel: Very hard. Burning sensation, gasping for air. Can only hold 3-8 minutes. Purpose: Raise ceiling. Improve max oxygen uptake and race-winning power.

Important: These zones are guidelines. Pay attention to how you feel. If Zone 2 feels too easy or Zone 4 feels impossible, your FTP may need adjusting. Small tweaks ($\pm 5-10W$) are normal.

5. USING YOUR PLAN

Weekly Structure

Each week follows a structured pattern designed to balance stress and recovery:

MON	Recovery or Rest	Let your body adapt from weekend training
TUE	Intervals or Tempo	Key session #1 — bring focus and energy
WED	Endurance	Aerobic development, controlled intensity
THU	Intervals or Threshold	Key session #2 — quality over quantity
FRI	Recovery or Rest	Prepare for weekend volume
SAT	Long Endurance	Build aerobic capacity, time in saddle
SUN	Endurance or Group Ride	Flexible — enjoy riding

Priority Hierarchy

If you need to skip or shorten sessions, protect them in this order:

- 1. Interval sessions** (Tuesday/Thursday) — these drive adaptation
- 2. Long endurance ride** (Saturday) — builds aerobic base
- 3. Mid-week endurance** (Wednesday) — maintains consistency
- 4. Recovery/easy rides** (Monday/Friday/Sunday) — skip these first if needed

6. ADAPTING YOUR TRAINING

Life happens. Here's how to modify your plan intelligently when needed.

Adding Volume

- Extend endurance rides (add 30-60 min at Zone 2)
- Lengthen warm-ups/cool-downs on interval days
- Never increase volume during recovery weeks
- Don't add volume to recovery rides — defeats their purpose

Reducing Volume

- Skip or shorten recovery rides first
- Shorten endurance rides to 90 min minimum if possible
- Shorten warm-ups/cool-downs but keep the interval quality intact
- Maintain interval intensity — short and sharp beats long and slow

Training Breaks

2-3 days off: Resume where you left off

1 week off: Do an easy week first, then resume

2+ weeks off: Go back 1-2 weeks in the plan

1+ months off: Restart the plan from the beginning

Illness or Injury

Stop training immediately if:

- Fever, chills, or body aches
- Chest tightness or breathing difficulty
- Unusual fatigue or elevated resting heart rate

Don't try to "make up" lost training. This often leads to overtraining or prolonged illness. Wait until you're 80-90% recovered before returning to easy training.

7. NUTRITION & RECOVERY

Training is the stimulus. Nutrition and recovery are where adaptation happens. Get these wrong and you'll underperform, overtrain, or both.

Fueling Your Training

Session Type	Before	During	After
Recovery ride (< 60 min)	No special fueling	Water only	Normal meal within 2-3 hours
Easy endurance (60-90 min)	Can train fasted if desired	Water, optional 20-30g carbs/hr	Mixed meal with protein + carbs
Long endurance (90+ min)	Normal meal 2-3 hrs before	60-90g carbs/hr after first 90 min	Protein + carbs within 60 min
Interval sessions (threshold/VO2)	Carb-rich meal 2-3 hrs OR snack 30-60 min before	60-90g carbs/hr during sessions > 60 min	Protein + carbs within 30 min

Carbohydrate Sources

On the bike: Energy gels, chews, sports drink, bananas, rice cakes, dates, honey

Before riding: Oats, toast, pasta, rice, potatoes, fruit

Avoid during rides: High-fat or high-fiber foods (slow digestion, GI issues)

Daily Nutrition Principles

Protein: 1.6-2.2g per kg bodyweight daily. Aim for 20-40g per meal. Essential for muscle repair and adaptation. Sources: Chicken, fish, eggs, Greek yogurt, tofu, legumes.

Carbohydrates: Your primary fuel source. On hard training days: 5-7g per kg bodyweight. On easy days: 3-5g per kg. Don't fear carbs — they power your intervals.

Fats: Essential for hormone production and recovery. Include olive oil, nuts, avocado, fatty fish. Avoid excessive fats close to training (slow digestion).

Hydration: Drink to thirst. Urine should be pale yellow. Dark = dehydrated. Clear = overhydrated. On bike: 500-750ml per hour depending on sweat rate and temperature.

Recovery Priorities

Recovery is when your body adapts to training stress. Shortchange recovery and you waste your training.

Sleep	7-9 hours per night. Quality matters. Dark room, cool temperature, consistent schedule. Sleep is
Nutrition	Eat enough to support training. Undereating while training hard = poor adaptation, illness, injury
Active Recovery	Easy rides, walking, yoga. Low-intensity movement aids recovery by increasing blood flow witho
Stress Management	Training IS stress. Too much life stress + training stress = overtraining. Manage work stress, sle
Listen to Your Body	Elevated resting HR, poor sleep, mood changes, constant fatigue, decreased performance = yo

Supplements Worth Considering

Caffeine: 3-6mg per kg bodyweight 30-60 min before hard sessions. Proven performance booster.

Creatine: 5g daily. Supports high-intensity efforts and recovery.

Beta-alanine: 3-6g daily. Buffers lactate in VO2max efforts (after 4+ weeks loading).

Vitamin D: If deficient (common in UK winters). Get blood tested first.

Skip: BCAAs (unnecessary if eating enough protein), fat burners, testosterone boosters, and anything promising magical results.

8. FREQUENTLY ASKED QUESTIONS

Q: My zones don't match how I feel. What should I do?

A: Small adjustments (± 5 -10W) are normal. If you consistently need to adjust across ALL sessions, retest your FTP.

Q: Can I do intervals outside instead of on the trainer?

A: Yes, but choose routes that allow consistent power. Climbs work well for tempo/threshold. Flat roads for VO₂max.

Q: What cadence should I use?

A: Unless specified, use what feels comfortable (typically 80-95 rpm). Higher cadence for VO₂max, lower for threshold is fine.

Q: I work weekends. Can I move the long ride?

A: Yes. Shift the entire week so your long ride falls on a day off. The pattern matters more than the specific days.

Q: Can I add my club ride on Sunday?

A: Yes, but treat it as an endurance ride. Don't go into the red repeatedly or it compromises Tuesday's interval session.

Q: Should I train standing or seated?

A: Train how you race. If you stand frequently in races/events, practice it in training. Otherwise, mostly seated is fine.

Q: Zone 2 feels too easy. Should I go harder?

A: No. Zone 2 builds specific aerobic adaptations that only occur at lower intensities. Riding harder is counterproductive. Ride longer if it feels too easy.

Q: My heart rate doesn't match my power zones. Is that normal?

A: Yes. Power responds faster than HR. However, if HR is consistently high/low for a given power, you may be overtraining or fighting illness.

Q: I missed a week of training. What should I do?

A: Don't panic. Resume with an easy week, then continue where you left off. Don't try to 'make up' lost sessions — this often leads to overtraining.

Q: Can I do strength training alongside this plan?

A: Yes. Keep it to 2 sessions per week maximum, avoid leg-heavy sessions the day before key bike workouts, and prioritize cycling if time is limited.

Q: What if I feel unusually tired or my legs are constantly heavy?

A: This may indicate overtraining or inadequate recovery. Take 2-3 days completely off, then resume with easy riding. If it persists, see a doctor.

Q: How do I know if I'm improving?

A: Track these metrics: FTP increases, lower heart rate at same power, sessions that felt hard now feel manageable, faster recovery between intervals.

Q: Can I use Zwift or TrainerRoad workouts instead of the plan?

A: The plan is designed with specific progression. Substituting random workouts will compromise results. Stick to the plan for best outcomes.

Q: What's the difference between tempo and threshold?

A: Tempo (76-87% FTP) is sustainable for hours and builds muscular endurance. Threshold (88-106% FTP) is your FTP range — hard but sustainable for 30-60 minutes.

9. TERMS OF USE

Please read carefully before beginning your training plan.

By following this training plan, you acknowledge and agree that:

1. Medical Responsibility

You understand that participation in physical exercise carries inherent risks including but not limited to illness, injury, or in extreme cases, death. You have been advised to consult with a qualified physician before beginning this or any training programme. You confirm that you have no known medical condition that would prevent safe participation in physical activity.

2. Voluntary Participation

You are following this training plan entirely of your own volition, with full knowledge and awareness of the risks involved. You understand the plan may include high-intensity exercise and cycling on public roads.

3. Assumption of Risk

You expressly assume all risks associated with following this training plan, including but not limited to: muscle soreness, muscle strains, broken bones, heart attack, stroke, or other cardiovascular incidents.

4. Release of Liability

You agree that Evolve Coaching, Bryn Griffith, and any associated parties are not responsible or liable for any injury, illness, death, or property damage that may occur during or after training in accordance with this plan, except in cases of recklessness or intentional misconduct.

5. Personal Responsibility

You agree to train within your capabilities, listen to your body, and seek professional medical advice when needed. You understand that you are solely responsible for monitoring your health and stopping or modifying training if you experience pain, discomfort, or other adverse symptoms.

6. Intellectual Property

This training plan and user guide are the intellectual property of Evolve Coaching. You may not reproduce, distribute, or sell this material without written permission.

Questions or Support

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