

30 Day Workout Weekly Training Plans

Remember that more is not always better but always doing just the minimum won't get you the best results either. Here are my suggestions on when to use each of the Training Calendars:

4 & 5 Days per Week: This plan will only work if you can devote your time and energy to training. Riding will have to take a back seat when undertaking this Training Calendar but the strength and fitness gains you'll get from being this focused on your training program will be significant. I advise against using this Training Calendar all of the time unless you simply don't get to ride very much, however I do suggest that all riders do at least 1-2 phases per year with this Training Calendar to see maximum gains from year to year.

3 Days per Week: This is the Gold Standard for strength training programs because it delivers the best results while still allowing you to ride more. This is where I suggest riders spend 80% of their time with this Training Calendar in order to best balance riding and training.

2 Days per Week: This Training Calendar is for when time and/ or energy is very short for training. A beginner can make decent gains and an experienced trainee can maintain nicely for some time with this Training Calendar, just don't rely on it too much. Spending a few Phases with it during the riding season or the Holidays is fine but if you seem to never have more than 2 days per week to get a workout in then you have to be realistic about the results you can expect over the long run.

Below you will find a description of each type of workout you'll find:

Hard Workouts

Focus Circuit

5/3/2 – Start with the last weight you used on your Moderate 2 X 5 workout.. Depending on how that weight felt add some more weight and then do 3 reps. Add load one more time and do 2 reps. You are building up to a heavy double but don't miss any reps.

6 X 1 – Do 6 single reps, adding load each set. Start with a moderate load and work up to a relatively heavy weight for your last rep. It shouldn't be anywhere near a max effort lift, just a solid effort.

5 X 2 – Same as with the 6 X 1 workout only you do 5 double reps. Add load each time and end with a good, solid effort.

Secondary Circuit

3 X 10 – Get in 3 sets of 10 reps, using the same weight you used in the Moderate 2 x 10 workout. If you can't get your 10 reps in then just do as many good reps as you can. On the Loaded Carry just walk as far as you can with a heavy weight.

Moderate Workout

Focus Circuit

2 X 5 - This workout is meant to lay the foundation of your strength gains. You want to start with a weight you could do for 8-10 reps add load each set and each time you do the workout. You want to increase the load as you feel ready, and this workout should never feel "hard". It is working on your ability to be strong without pushing hard to do it.

Secondary Circuit

2 X 10 – Get in 2 sets of 10 reps, starting with a load you could get 15 reps with and look to add some weight each workout. On the Loaded Carry just walk as far as you can with a moderate weight, looking to add load each week. Again, you want to increase the load as you feel ready, and this workout should never feel "hard".

Light Workout

Focus Circuit

1 X 10 – Just do a light weight for 10 reps. This workout will come after a Hard Workout, making it a recovery workout more than an attempt to improve your strength and fitness. You should come away from it feeling better than you did going into it so ere on the side of doing too little weight during this workout.

Secondary Circuit

2 X 5 – Get in 2 sets of 5 reps, sticking with the same weight you've been using for your Heavy and Moderate Workouts. On the Loaded Carry just walk as far as you can with a moderate weight.



STRENGTH TRAINING SYSTEMS

RIDE HARDER, RIDE FASTER, RIDE STRONGER

2 Days Per Week 4 Week Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		
8	9	10	11	12	13	14
		Focus Circuit: 5 X 2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		
15	16	17	18	19	20	21
		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		
22	23	24	25	26	27	28
		Focus Circuit: 5 X 2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		



STRENGTH TRAINING SYSTEMS

RIDE HARDER, RIDE FASTER, RIDE STRONGER

3 Days Per Week 4 Week Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5	
8	9	10	11	12	13	14
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5 X 2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5	
15	16	17	18	19	20	21
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5	
22	23	24	25	26	27	28
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10		Focus Circuit: 5 X 2 Secondary Circuit: 3 X 10		Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5	



STRENGTH TRAINING SYSTEMS

RIDE HARDER, RIDE FASTER, RIDE STRONGER

4 Days Per Week 4 Week Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	
8	9	10	11	12	13	14
	Focus Circuit: 6 X 1 Secondary Circuit: 3 X 10	Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10	
15	16	17	18	19	20	21
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	
22	23	24	25	26	27	28
	Focus Circuit: 6 X 1 Secondary Circuit: 3 X 10	Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10	



STRENGTH TRAINING SYSTEMS

RIDE HARDER, RIDE FASTER, RIDE STRONGER

5 Days Per Week 4 Week Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10
8	9	10	11	12	13	14
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 6 X 1 Secondary Circuit: 3 X 10	Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10
15	16	17	18	19	20	21
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10
22	23	24	25	26	27	28
	Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 6 X 1 Secondary Circuit: 3 X 10	Focus Circuit: 1 X 10 Secondary Circuit: 2 X 5		Focus Circuit: 2 X 5 Secondary Circuit: 2 X 10	Focus Circuit: 5/3/2 Secondary Circuit: 3 X 10