

# JEFF ROBERSON

# NOVEMBER 2007

**Zone 1**  
Recovery  
<132w

**Zone 2**  
Endurance  
133-180w

**Zone 3**  
Tempo  
181-216w

**Zone 4**  
Threshold  
217-251w

**Zone 5**  
VO2max  
252-287w

**Zone 6**  
Anaerobic  
>288w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7 <b>s</b>	8	9 <b>FTP: 238w</b>	10	11
				<b>FTP TEST (20mins)</b> Pavg: 250w Pnorm: 251w Cadence: 86rpm Weight: 132lbs Weight: 60kg P.W.R: 4.17w/kg	<b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>
12	13	14	15	16	17	18
<b>COMPLETELY OFF</b>  or <b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>COMPLETELY OFF</b>	<b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>

Abbreviations (1' = 1min | 1" = 1sec | St = Standing | Se = Seated | rpt = Repeat | Rec. = Recovery)

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Threshold  
217-251w

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VO2max  
252-287w

**Zone 6**  
Anaerobic  
>288w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>19</b>	<b>20</b> <b>20mins</b>	<b>21</b> <b>16mins</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>COMPLETELY OFF</b>  or  <b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>2 X 10'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.75hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>2 X 8'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.75hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>
<b>26</b>	<b>27</b> <b>24mins</b>	<b>28</b> <b>20mins</b>	<b>29</b>	<b>30</b>		
<b>COMPLETELY OFF</b>  or  <b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>2 X 12'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.5hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>2 X 10'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.5hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>		

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133-180w

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Tempo  
181-216w

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Threshold  
217-251w

**Zone 5**  
VO2max  
252-287w

**Zone 6**  
Anaerobic  
>288w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
					<b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>
3	4 <b>28mins</b>	5 <b>24mins</b>	6	7	8	9 <b>FTP: 256w</b>
<b>COMPLETELY OFF</b>  <b>or</b>  <b>Endurance Ride</b> Zone 2 133-180w 90+rpm <b>1.75-2hrs Total</b>	<b>2 X 14'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.5hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>2 X 12'</b> Zone 4 217-251w 80-90rpm 10' Rec. <b>1.5hrs Total</b>  (Can be done on a climb on standard road bike or on your TT setup).	<b>Zone 2</b> 181-216w 90+rpm <b>Openers 5 X 1'</b> 250w 90+rpm 5' Rec. between intervals <b>1.5-2hrs Total</b>		<b>Recovery Ride</b> Zone 1 <132w 90-100rpm <b>1hr Total</b>	<b>FTP TEST (20mins)</b> Pavg: 270w Pnorm: 270w Cadence: 93rpm Weight: lbs Weight: kg P.W.R: w/kg
10	11	12	13	14	15	16
<b>SAN FRANCISCO</b>  <b>RECOVERY WEEK</b>  <b>COMPLETELY OFF</b>	<b>SAN FRANCISCO</b>  <b>COMPLETELY OFF</b>	<b>SAN FRANCISCO</b>  <b>COMPLETELY OFF</b> <b>Or</b> <b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>Zone 1</b> <132w 90-100rpm 1hr Total or If not tired from SFO trip: <b>Zone 2</b> 143-194w 90-100rpm 1.5-2hrs Total	<b>Endurance Ride</b> Zone 2 143-194w 90+rpm <b>1.75-2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>

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**Zone 1**  
Recovery  
<142w

**Zone 2**  
Endurance  
143-194w

**Zone 3**  
Tempo  
195-232w

**Zone 4**  
Threshold  
233-270w

**Zone 5**  
VO2max  
271-309w

**Zone 6**  
Anaerobic  
>310w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>17</b>	<b>18</b> <span style="color: red;">24mins</span>	<b>19</b> <span style="color: red;">18mins</span>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>	<b>2 X 12' on Climb</b> 3' seated @ 260w / 1' standing @ 280w+, rpt. 80-90rpm 6' Recovery between <b>2hrs Total</b>  Can be done on TT bike.	<b>Muscle Tension Intervals</b> <b>3 X 6' on Climb</b> 250w Stay <b>SEATED</b> and work on pedaling technique! 50-60rpm in <b>BIG RING</b> 3.5' Rec. between intervals <b>2hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2.75hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2.5hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>  These recovery rides should be done super easy, no harder than walking pace.	<b>COMPLETELY OFF</b>
<b>24</b>	<b>25</b> <span style="color: red;">32mins</span>	<b>26</b> <span style="color: red;">24mins</span>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>  Switch Mon and Tue rides if that works better.	<b>CHRISTMAS DAY</b>  <b>2 X 16' on Climb</b> 3' seated @ 260w / 1' standing @ 280w+, rpt. 80-90rpm 8' Recovery between <b>2hrs Total</b>  Can be done on TT bike.	<b>Muscle Tension Intervals</b> <b>3 X 8' on Climb</b> 250w Stay <b>SEATED</b> and work on pedaling technique! 50-60rpm in <b>BIG RING</b> 3.5' Rec. between intervals <b>2hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>3hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2.75hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>  These recovery rides should be done super easy, no harder than walking pace.	<b>COMPLETELY OFF</b>
<b>31</b>						
<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>						

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**Zone 2**  
Endurance  
143-194w

**Zone 3**  
Tempo  
195-232w

**Zone 4**  
Threshold  
233-270w

**Zone 5**  
VO2max  
271-309w

**Zone 6**  
Anaerobic  
>310w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	SICK / RECOVERY WEEK	SICK / RECOVERY WEEK	SICK / RECOVERY WEEK	SICK / RECOVERY WEEK	SICK / RECOVERY WEEK	SICK / RECOVERY WEEK
<b>7</b>	<b>8</b> <span style="color: red;">12mins</span>	<b>9</b> <span style="color: red;">32mins</span>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>	<b>4 X 3' on TT Bike</b> VO2max 271-309w 80-90rpm 3' Recovery between <b>2hrs Total</b>	<b>4 X 8' on TT Bike</b> Threshold 245-270w 80-90rpm 4' Recovery between <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>SweetSpot</b> 225-240w <b>or higher!</b> Aim for 1000kJ then <b>Endurance Ride</b> 183-247w <b>2.5hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>
<b>14</b> <span style="color: red;">16mins</span>	<b>15</b> <span style="color: red;">36mins</span>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <span style="color: red;">FTP: XXXw</span>
<b>4 X 4' on TT Bike</b> VO2max 271-309w 80-90rpm 4' Recovery between <b>2hrs Total</b>	<b>4 X 9' on TT Bike</b> Threshold 245-270w 80-90rpm 5' Recovery between <b>2hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>Zone 2</b> 181-216w 90+rpm <b>Openers 5 X 1'</b> 250w 90+rpm 5' Rec. between intervals <b>1.5-2hrs Total</b>	<b>FTP TEST (20mins)</b> Pavg: w Pnorm: w Cadence: rpm Weight: lbs Weight: kg P.W.R: w/kg

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<142w

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Endurance  
143-194w

**Zone 3**  
Tempo  
195-232w

**Zone 4**  
Threshold  
233-270w

**Zone 5**  
VO2max  
271-309w

**Zone 6**  
Anaerobic  
>310w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>21</b> <span style="color: red;">20mins</span>	<b>22</b> <span style="color: red;">40mins</span>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>4 X 5' on TT Bike</b> VO2max 271-309w 80-90rpm 5' Recovery between <b>2hrs Total</b>	<b>4 X 10' on TT Bike</b> Threshold 255-285w 80-90rpm 5' Recovery between <b>2hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>SweetSpot</b> 225-240w <b>or higher!</b> Aim for 1150kJ then <b>Endurance Ride</b> 183-247w <b>2.5hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>
<b>28</b> <span style="color: red;">25mins</span>	<b>29</b> <span style="color: red;">44mins</span>	<b>30</b>	<b>31</b>			
<b>5 X 5' on TT Bike</b> VO2max 271-309w 80-90rpm 5' Recovery between <b>2hrs Total</b>	<b>4 X 11' on TT Bike</b> Threshold 255-285w 80-90rpm 5' Recovery between <b>2hrs Total</b>	<b>Endurance Ride</b> Zone 2 143-194w 85+rpm <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>			

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143-194w

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Tempo  
195-232w

**Zone 4**  
Threshold  
233-270w

**Zone 5**  
VO2max  
271-309w

**Zone 6**  
Anaerobic  
>310w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				N/A	N/A	COMPLETELY OFF
4	5	6	7	8	9	10
<b>5mins</b> <b>Zone 6</b> 1 Sets of 5 x 1' On, 1' Off 310+w <b>2hrs Total</b>	<b>18mins</b> <b>Zone 5 (AM)</b> 2 Sets of 3 x 3' On, 1.5' Off 271-309w 5' Rec. between sets <b>2hrs Total</b>  <b>Zone 4 (PM)</b> 1 X 20' on TT bike 233-270w <b>2hrs Total</b>	<b>28mins</b> <b>Zone 4</b> 2 x 14' on Road Bike 233-270w 5' Rec. between intervals. <b>2hrs Total</b>  Followed by:  <b>Endurance Ride</b> 181-244w <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>1000kJ</b> <b>SweetSpot</b> 1000kJ  Followed by:  <b>Endurance Ride</b> 181-244w <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>  Paid until today. Will add 2 weeks to the schedule due to JR being sick.	COMPLETELY OFF
11	12	13	14	15	16	17
<b>7mins</b> <b>Zone 6</b> 1 Sets of 7 x 1' On, 1' Off 310+w <b>2hrs Total</b>	<b>18mins</b> <b>Zone 5 (AM)</b> 2 Sets of 3 x 3' On, 1.5' Off 271-309w 5' Rec. between sets <b>2hrs Total</b>  <b>Zone 4 (PM)</b> 1 X 20' on TT bike 233-270w <b>2hrs Total</b>	<b>32mins</b> <b>Zone 4</b> 2 x 16' on Road Bike 233-270w 5' Rec. between intervals. <b>2hrs Total</b>  Followed by:  <b>Endurance Ride</b> 181-244w <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>1250kJ</b> <b>SweetSpot</b> 1250kJ Then <b>Endurance Ride</b> 143-194w <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	COMPLETELY OFF

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Tempo  
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Threshold  
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VO2max  
271-309w

**Zone 6**  
Anaerobic  
>310w

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18 <b>8mins</b>	19 <b>24mins</b>	20	21	22	23	24
<b>Zone 6</b> 2 Sets of 4 x 1' On, 1' Off 310+w 5' Rec. between sets <b>2hrs Total</b>	<b>Zone 5 (AM)</b> 2 Sets of 4 x 3' On, 1.5' Off 271-309w 5' Rec. between sets <b>2hrs Total</b>  <b>Zone 4 (PM)</b> 1 X 20' on TT bike 233-270w <b>2hrs Total</b>	<b>Zone 4</b> <b>2 x 16' on Road Bike</b> 233-270w 5' Rec. between intervals.  <b>Followed by:</b>  <b>Endurance Ride</b> 181-244w <b>2hrs Total</b>	<b>Recovery Ride</b> Zone 1 <142w 90-100rpm <b>1hr Total</b>	<b>COMPLETELY OFF</b>	<b>Zone 2</b> 143-194w 90+rpm <b>Openers 5 X 1'</b> 270w 90+rpm 5' Rec. between intervals <b>1-1.5hrs Total</b>	<b>MAKAHA TT, O'AHU</b>
25	26	27	28	29		

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