

16-Week Advanced FTP Builder Cycling Plan

16 weeks - 6 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

Power zones (% FTP) + HR zones (% max HR)

WEEKLY HOURS

12h

RIDES / WEEK

6

PLAN OVERVIEW

Base

Weeks 1-4 · 10-12h/week

Extended aerobic base building.

Build

Weeks 5-11 · 12-15h/week

Progressive intervals and long ride builds.

Peak

Weeks 12-14 · 12-14h/week

Race simulations and intensity sharpening.

Taper

Weeks 15-16 · 6-8h/week

Volume reduction, maintained intensity.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 2.0h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 2.2h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 3	Rest	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 2.4h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 4	Rest	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 2.6h	Recovery @ 0-55% FTP / 0-59% HR 45 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x16min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 2.9h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x16min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.0h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x16min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.1h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 8	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.2h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 9	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 10	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.4h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 11	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.5h	Recovery @ 0-55% FTP / 0-59% HR 50 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.6h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 13	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.7h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 14	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.8h	Recovery @ 0-55% FTP / 0-59% HR 50 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x24min threshold @ 91-105% FTP / 81-90% HR 90 min	Endurance + 3x19min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Long endurance @ 56-75% FTP / 60-70% HR 3.9h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 16	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	FTP Test Day 60 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Recovery @ 0-55% FTP / 0-59% HR 40 min

