

12-Week Intermediate FTP Builder Training Plan

12 weeks - 5 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

6-10h

RIDES / WEEK

5

PLAN OVERVIEW

Base + Test

Weeks 1-3 · 6-8h/week

Week 1 includes your baseline FTP test. Weeks 2-3 begin progressive sweet spot and threshold work using your new FTP number. These weeks establish the intensity anchor and build initial training tolerance.

Build

Weeks 4-9 · 8-10h/week

Six weeks of progressive sweet spot, threshold, and VO2max intervals. Volume and intensity peak in weeks 8-9. A recovery week at week 7 allows absorption before the final push. Mid-plan FTP retest in week 7 recovery week updates your zones.

Peak

Weeks 10-11 · 8-9h/week

Highest quality sessions with updated FTP zones. VO2max and threshold work at peak intensity. Volume stays moderate to maintain freshness for the final retest.

Taper + Retest

Weeks 12 · 5-6h/week

Reduce volume, keep two short quality sessions, and retest FTP. Compare to both week 1 and week 7 results to track progression.

BASE + TEST

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	Easy endurance + openers: 3x3min @ 91-105% FTP / 81-90% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	FTP Test: 20min all-out (record avg power, multiply by 0.95) 75 min	Rest	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest	Sweet spot 3x12min @ 88-93% FTP / 71-80% HR, 5min recovery 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x12min @ 91-105% FTP / 81-90% HR, 8min recovery 70 min	Rest	Long endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 3	Rest	Sweet spot 3x15min @ 88-93% FTP / 71-80% HR, 5min recovery 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x15min @ 91-105% FTP / 81-90% HR, 8min recovery 75 min	Rest	Long endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 4	Rest -	Sweet spot 3x15min @ 88-93% FTP / 71-80% HR, 5min recovery 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x20min @ 91-105% FTP / 81-90% HR, 8min recovery 85 min	Rest -	Long endurance + 3x15min tempo @ 76-90% FTP / 71-80% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 5	Rest -	Sweet spot 3x20min @ 88-93% FTP / 71-80% HR, 5min recovery 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x20min @ 91-105% FTP / 81-90% HR, 6min recovery 85 min	Rest -	Long endurance + 2x20min tempo @ 76-90% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	Sweet spot 2x20min @ 88-93% FTP / 71-80% HR + VO2max 3x4min @ 106-120% FTP / 91-100% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x20min @ 91-105% FTP / 81-90% HR, 6min recovery 85 min	Rest -	Long endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	Rest -	Sweet spot 2x12min @ 88-93% FTP / 71-80% HR 65 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Mid-plan FTP Retest: 20min all-out (update zones if improved) 75 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 8	Rest -	VO2max 4x4min @ 106-120% FTP / 91-100% HR, 4min recovery (use updated FTP) 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x20min @ 91-105% FTP / 81-90% HR (use updated FTP) 85 min	Rest -	Long endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 9	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR, 4min recovery 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x25min @ 91-105% FTP / 81-90% HR, 8min recovery 95 min	Rest -	Long endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR, 4min recovery 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Threshold 2x25min @ 91-105% FTP / 81-90% HR, 6min recovery 90 min	Rest -	Long endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 11	Rest -	VO2max 4x4min @ 106-120% FTP / 91-100% HR, 4min recovery 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Threshold 2x15min @ 91-105% FTP / 81-90% HR, 6min recovery 70 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 45 min

TAPER + RETEST

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy endurance + openers: 3x3min @ 91-105% FTP / 81-90% HR 55 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	FTP Retest: 20min all-out (compare to week 1 and week 7 results) 75 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Recovery @ 0-55% FTP / 0-59% HR 40 min