

12-Week Intermediate Weight Loss Cycling Plan

12 weeks - 5 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

7h

RIDES / WEEK

5

PLAN OVERVIEW

Adaptation

Weeks 1-4 · 4-5h/week

Build the exercise habit with consistent Zone 2 riding.

Build

Weeks 5-9 · 5-7h/week

Progressive volume increase with light tempo additions.

Consolidation

Weeks 10-11 · 6-7h/week

Maintain adapted volume and solidify habits.

Taper

Weeks 12 · 4-5h/week

Active recovery. Reduced volume, maintained consistency.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Easy endurance @ 56-75% FTP / 60-70% HR 40 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Long endurance @ 56-75% FTP / 60-70% HR 75 min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 2	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 90 min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 3	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 105 min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 4	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Long endurance @ 56-75% FTP / 60-70% HR 120 min	Recovery @ 0-55% FTP / 0-59% HR 40 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 68 min	Endurance + 2x7min tempo @ 76-90% FTP / 71-80% HR 73 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 68 min	Long endurance @ 56-75% FTP / 60-70% HR 1.9h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 6	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 70 min	Endurance + 2x7min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 70 min	Long endurance @ 56-75% FTP / 60-70% HR 2.0h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 7	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 72 min	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 77 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 72 min	Long endurance @ 56-75% FTP / 60-70% HR 2.1h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 8	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 90 min	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 9	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 76 min	Endurance + 2x9min tempo @ 76-90% FTP / 71-80% HR 81 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 76 min	Long endurance @ 56-75% FTP / 60-70% HR 2.3h	Recovery @ 0-55% FTP / 0-59% HR 45 min

CONSOLIDATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 78 min	Endurance + 2x9min tempo @ 76-90% FTP / 71-80% HR 83 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 78 min	Long endurance @ 56-75% FTP / 60-70% HR 2.4h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 11	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 80 min	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 85 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 80 min	Long endurance @ 56-75% FTP / 60-70% HR 2.5h	Recovery @ 0-55% FTP / 0-59% HR 45 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Long endurance @ 56-75% FTP / 60-70% HR 90 min	Recovery @ 0-55% FTP / 0-59% HR 35 min