

16-Week Intermediate FTP Builder Training Plan

16 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 1-5 · 6-8h/week

Week 1 includes your baseline FTP test. Weeks 2-5 build progressive sweet spot and threshold tolerance with a longer base than the 8 or 12-week plans. More time at sub-threshold intensity creates deeper aerobic adaptations before the intensity ramps.

Build

Weeks 6-12 · 8-10h/week

Seven weeks of progressive sweet spot, threshold, and VO2max intervals across two mini-cycles. FTP retest at week 8 recovery week updates your zones for the second push. Volume and intensity peak in weeks 11-12.

Peak

Weeks 13-14 · 8-10h/week

Highest quality sessions with fully updated FTP zones. VO2max and threshold at peak intensity. Second FTP retest in the recovery portion of this phase validates your final gains.

Taper + Retest

Weeks 15-16 · 5-7h/week

Two-week taper. Week 15 reduces volume with quality sessions. Week 16 includes the final FTP retest. Compare all three test results to track your full progression arc.

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 3x10min @ 88-93% FTP / 71-80% HR, 5min recovery 70 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Threshold 2x10min @ 91-105% FTP / 81-90% HR, 8min recovery 65 min | Rest - | Long endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 2h | Recovery @ 0-55% FTP / 0-59% HR 45 min |
| Week 3 | 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 4 | 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 |
| Week 5 | 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 2x15min @ 91-105% FTP / 81-90% HR, 6min recovery 75 min | Rest - | Long endurance + 3x12min tempo @ 76-90% FTP / 71-80% HR 2h 30min | Recovery @ 0-55% FTP / 0-59% HR 50 min |

BUILD

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--------|---|---|--|--------|--|---|
| Week 6 | 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 7 | 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 8 | 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 1: 20min all-out (update zones) 75 min | Rest - | Long endurance @ 56-75% FTP / 60-70% HR 2h | Recovery @ 0-55% FTP / 0-59% HR 40 min |
| Week 9 | Rest - | Sweet spot 2x20min @ 88-93% FTP / 71-80% HR + VO2max 3x4min @ 106-120% FTP / 91-100% HR (updated FTP) 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Threshold 2x20min @ 91-105% FTP / 81-90% HR (updated FTP) 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 10 | Rest - | VO2max 4x4min @ 106-120% FTP / 91-100% HR, 4min recovery 80 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 sweet spot @ 88-93% FTP / 71-80% HR 2h 45min | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 11 | 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 |
| Week 12 | 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 95 min | Rest - | Long endurance + 2x20min 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 13 | 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 95 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 14 | 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 2: 20min all-out (update zones) 75 min | Rest - | Long endurance @ 56-75% FTP / 60-70% HR 2h | Recovery @ 0-55% FTP / 0-59% HR 40 min |

TAPER + RETEST

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--------|--|---|---|--------|---|---|
| Week 15 | Rest - | VO2max 4x4min @ 106-120% FTP / 91-100% HR (updated), 4min recovery 75 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Threshold 2x15min @ 91-105% FTP / 81-90% HR (updated) 70 min | Rest - | Long endurance @ 56-75% FTP / 60-70% HR 2h | Recovery @ 0-55% FTP / 0-59% HR 45 min |
| Week 16 | 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 weeks 1, 8, and 14 results) 75 min | Rest - | Easy endurance @ 56-75% FTP / 60-70% HR 90 min | Recovery @ 0-55% FTP / 0-59% HR 40 min |