

16-Week Intermediate Weight Loss Cycling Plan

16 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 1-5 · 4-5h/week

Gradual introduction to structured riding. Building the habit.

Build

Weeks 6-12 · 5-8h/week

Volume builds progressively. Tempo efforts introduced mid-block.

Consolidation

Weeks 13-14 · 6-8h/week

Maintain peak volume. Habits are established.

Taper

Weeks 15-16 · 5-6h/week

Gentle volume reduction. Focus on long-term sustainability.

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
Week 5	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 65 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 65 min	Long endurance @ 56-75% FTP / 60-70% HR 135 min	Recovery @ 0-55% FTP / 0-59% HR 40 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 74 min	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 79 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 74 min	Long endurance @ 56-75% FTP / 60-70% HR 2.2h	Recovery @ 0-55% FTP / 0-59% HR 45 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
Week 10	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 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
Week 12	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 2.6h	Recovery @ 0-55% FTP / 0-59% HR 45 min

CONSOLIDATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 80 min	Endurance + 2x11min 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 2.7h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 14	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 80 min	Endurance + 2x11min 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 2.8h	Recovery @ 0-55% FTP / 0-59% HR 45 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 80 min	Endurance + 2x12min 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 2.9h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 16	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