

8-Week Intermediate FTP Builder Training Plan

8 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 1-2 · 6-8h/week

Week 1 includes your baseline FTP test. Week 2 begins sweet spot work using your new FTP number. These two weeks establish the intensity anchor for the entire plan.

Build

Weeks 3-6 · 8-10h/week

Progressive sweet spot and threshold intervals raise your aerobic ceiling. VO2max sessions are introduced in week 5 to push your maximum aerobic capacity. Volume and intensity peak in week 6.

Taper + Retest

Weeks 7-8 · 5-7h/week

Week 7 reduces volume while keeping short quality sessions. Week 8 includes your FTP retest to measure improvement. If your FTP has increased, update all targets for your next training block.

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 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 3 | 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 4 | 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 5 | 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 6 | 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 + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 3h | Recovery @ 0-55% FTP / 0-59% HR 55 min |

TAPER + RETEST

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|-----------|---|--|---|-----------|--|---|
| Week 7 | Rest - | Sweet spot 2x15min @ 88-93% FTP / 71-80% HR, 5min recovery 70 min | Easy endurance @ 56-75% FTP / 60-70% HR 50 min | Threshold 2x12min @ 91-105% FTP / 81-90% HR, 6min recovery 65 min | Rest - | Long endurance @ 56-75% FTP / 60-70% HR 2h | Recovery @ 0-55% FTP / 0- 59% HR 45 min |
| Week 8 | 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 result) 75 min | Rest - | Easy endurance @ 56-75% FTP / 60-70% HR 90 min | Recovery @ 0-55% FTP / 0- 59% HR 40 min |