

8-Week Intermediate Weight Loss Cycling Plan

8 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 1-2 · 4-5h/week

Establish routine with 5 easy rides per week. Focus on consistency over intensity.

Build

Weeks 3-6 · 5-7h/week

Gradually increase ride duration and introduce light tempo efforts.

Consolidation

Weeks 7 · 6-7h/week

Maintain volume and reinforce sustainable habits.

Taper

Weeks 8 · 4-5h/week

Active recovery week. Maintain riding habit at reduced volume.

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

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 66 min	Endurance + 2x6min tempo @ 76-90% FTP / 71-80% HR 71 min	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 66 min	Long endurance @ 56-75% FTP / 60-70% HR 1.8h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 5	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 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

CONSOLIDATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8	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