

2026 Training Schedule

Block 1: muscle adaptation

Gavin Horton
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Week 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride		outride			outride	
easy 30km	strength 1	easy 30km	strength 1	rest	40-50km	rest
or indoor 1:00 zone 2		or indoor 1:00 zone 2			easy 65%-75%	

rest
recovery
endurance
strength
power

Week 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
intervals	outride	intervals			outride	
5x5min	easy 30km	15x30sec	strength 1	rest	60km	rest
80%	or indoor 1:00 zone 2	90%			easy 65%-75%	

Strength 1

push ups	4x10
sit ups	4x10
squats 40cm	4x10
lunges	4x10
step ups 40cm	4x10
tricep dips	4x10
bicep curls	4x10
calf raises	4x15

Week 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride		outride			outride	
easy 30km	strength 1	easy 30km	strength 1	rest	40-50km	rest
or indoor 1:00 zone 2		or indoor 1:00 zone 2			easy 65%-75%	

Strength 2

squats 40cm	4x35
split squats	4x6
reverse lunges	4x8
step ups 40cm	4x30
burpees	4x10

Week 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
intervals	outride	intervals			outride	
5x5min	easy 30km	15x30sec	strength 1	rest	60km	rest
80%	or indoor 1:00 zone 2	90%			easy 65%-75%	

Intervals

10-15min w-up
interval
recover 2min
repeat

2026 Training Schedule

Block 2: strength

Gavin Horton
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Week 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride	intervals	outride	intervals		outride	
easy 30km	7x5min	easy 30km	15x30sec	rest	40-50km	rest
or indoor 1:00 zone 2	80%	or indoor 1:00 zone 2	90%		technical single track	

rest
recovery
endurance
strength
power

Week 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
intervals	outride	cadence drills			outride	outride
7x5min	easy 30km	5x4min	strength 2	rest	70km	40km
80%	or indoor 1:00 zone 2	CAD 100RPM			75%	easy

Strength 1

push ups	4x10
sit ups	4x10
squats 40cm	4x10
lunges	4x10
step ups 40cm	4x10
tricep dips	4x10
bicep curls	4x10
calf raises	4x15

Week 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride		outride			outride	
easy 30km	strength 2	easy 30km	strength 2	rest	40-50km	rest
or indoor 1:00 zone 2		or indoor 1:00 zone 2			technical single track	

Strength 2

squats 40cm	4x35
split squats	4x6
reverse lunges	4x8
step ups 40cm	4x30
burpees	4x10

Week 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
intervals	outride	cadence drills			outride	outride
7x5min	easy 30km	5x4min	strength 1	rest	70km	40km
80%	or indoor 1:00 zone 2	CAD 100RPM			75%	easy

Intervals

10-15min w-up
interval
recover 2min
repeat

2026 Training Schedule

Block 3: power

Gavin Horton
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Week 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride	intervals	outride	cadence drills		intervals	
easy 30km	10x30sec	easy 30km	6x4min	rest	5x8km	rest
or indoor 1:00 zone 2	max	or indoor 1:00 zone 2	CAD 100RPM		85%	

Week 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	easy outride	intervals	easy outride		outride	outride
strength 1	30km	7x5min	30km	rest	70-80km	40-50km
	or indoor 1:00 zone 2	80%	or indoor 1:00 zone 2		spin legs	easy 65%-75%

Week 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
outride	intervals	outride	cadence drills		intervals	
easy 30km	10x30sec	easy 30km	6x4min	rest	5x8km	rest
or indoor 1:00 zone 2	max	or indoor 1:00 zone 2	CAD 100RPM		85%	

Week 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
intervals	outride	intervals		intervals	outride	outride
7x5min	easy 30km	10x2min	strength 2	10x30secs	40-50km	40km
80%	or indoor 1:00 zone 2	90%		max	technical single track	easy

rest

recovery

endurance

strength

power

Strength 1

push ups	4x10
sit ups	4x10
squats 40cm	4x10
lunges	4x10
step ups 40cm	4x10
tricep dips	4x10
bicep curls	4x10
calf raises	4x15

Strength 2

squats 40cm	4x35
split squats	4x6
reverse lunges	4x8
step ups 40cm	4x30
burpees	4x10

Intervals

10-15min w-up
interval
recover 2min
repeat