

Matt Wilpers "train smart" challenge

3-RIDE CHALLENGE - WEEK #1



- monday* Rest/Active Recovery Day
- tuesday* Any 10 Min FTP Warmup + Any 20 Min FTP Test
- wednesday* Rest/Active Recovery Day
- thursday* 11/27/17 7:30 AM ET 45 Min PZ Ride
- friday* Rest/Active Recovery Day
- saturday* 09/16/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 11/11/17 2:30 PM ET 20 Min 80s

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class.

Schedule provided is the recommended order, with the Extra Credit added as desired

If your FTP is from within 3 weeks of a scheduled test and feel it remains appropriate, replace with a 45 Min PZ Endurance Ride

For zones, enter your average output from the FTP test in the app at this link: <http://bit.ly/PZCalcPDF>

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3-RIDE CHALLENGE - WEEK #2



- monday* Rest/Active Recovery Day
- tuesday* 04/16/17 7:30 AM ET 45 Min PZ Ride
- wednesday* Rest/Active Recovery Day
- thursday* 01/17/17 10:30 AM ET 45 Min Metrics
- friday* Rest/Active Recovery Day
- saturday* 02/10/18 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 09/30/17 3:30 PM ET 20 Min HIIT

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #3



- monday* Rest/Active Recovery Day
- tuesday* 04/24/17 6:00 AM ET 45 Min PZ Max
- wednesday* Rest/Active Recovery Day
- thursday* 01/11/18 8:00 AM ET 45 Min 90s Rock
- friday* Rest/Active Recovery Day
- saturday* 09/30/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 03/29/17 2:30 PM ET 20 Min IA

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #4



- monday* Rest/Active Recovery Day
- tuesday* 11/13/17 6:00 AM ET 45 Min PZ Ride
- wednesday* Rest/Active Recovery Day
- thursday* 04/16/17 7:30 AM ET 45 Min PZ Ride
- friday* Rest/Active Recovery Day
- saturday* 12/02/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 02/17/18 4:15 PM ET 30 Min Pop

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #5



- monday* Rest/Active Recovery Day
- tuesday* 04/10/17 6:00 AM ET 45 Min PZ Max
- wednesday* Rest/Active Recovery Day
- thursday* 03/26/18 8:00 AM ET 45 Min Metrics
- friday* Rest/Active Recovery Day
- saturday* 09/23/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 01/23/18 10:30 AM ET 30 Min HIIT

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #6



- monday* Rest/Active Recovery Day
- tuesday* 07/30/17 7:30 AM ET 45 Min PZ Ride
- wednesday* Rest/Active Recovery Day
- thursday* 01/24/18 5:30 PM ET 45 Min Soft Rock
- friday* Rest/Active Recovery Day
- saturday* 12/30/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 02/06/17 1:30 PM ET 30 Min IA

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #7

- monday* Rest/Active Recovery Day
- tuesday* 05/15/17 6:00 AM ET 45 Min PZ Max
- wednesday* Rest/Active Recovery Day
- thursday* 07/03/17 7:30 AM ET 45 Min PZ Ride
- friday* Rest/Active Recovery Day
- saturday* 12/09/17 12:45 PM ET 60 Min PZE
- sunday* Rest/Active Recovery Day
- extra credit* 09/18/17 10:30 AM ET 30 Min PZ Ride

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired

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3-RIDE CHALLENGE - WEEK #8



- monday* Rest/Active Recovery Day
- tuesday* 12/20/17 6:00 AM ET 45 Min PZ Ride
- wednesday* Rest/Active Recovery Day
- thursday* 10/05/17 5:30 PM ET 45 Min Metrics
- friday* Rest/Active Recovery Day
- saturday* Any 10 Min FTP Warmup + Any 20 Min FTP Test
- sunday* Rest/Active Recovery Day
- extra credit* Nothing! Focus on the FTP Test

**a 5-minute stretch should be completed after every ride*

Notes:

A live version of the same class type and length can be substituted for a specified class. Schedule provided is the recommended order, with the Extra Credit added as desired