

Matt Wilpers "train smart" challenge



TIME CRUNCHED - WEEK # 1

- monday* Rest/Active Recovery Day
- tuesday* Any 10 Min FTP Warmup + Any 20 Min FTP Test
- wednesday* Rest/Active Recovery Day
- thursday* 03/24/18 4:15 PM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 07/24/17 6:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #2

- monday* Rest/Active Recovery Day
- tuesday* 12/05/17 12:30 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 08/10/17 1:30 PM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 11/07/17 7:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #3

- monday* Rest/Active Recovery Day
- tuesday* 04/19/17 1:30 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 02/06/18 10:30 AM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 04/24/17 6:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #4

- monday* Rest/Active Recovery Day
- tuesday* 02/24/18 4:45 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 02/20/18 10:30 AM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 11/14/17 7:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #5

- monday* Rest/Active Recovery Day
- tuesday* 01/20/18 4:15 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 03/13/18 10:30 AM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 04/10/17 6:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #6

- monday* Rest/Active Recovery Day
- tuesday* 09/26/17 12:30 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 12/27/16 11:30 AM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 05/22/17 6:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #7

- monday* Rest/Active Recovery Day
- tuesday* 03/27/18 10:30 AM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 12/12/17 12:30 PM ET 30 Min HIIT
- friday* Rest/Active Recovery Day
- saturday* 05/15/17 6:00 AM ET 45 Min PZ Max
- 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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TIME CRUNCHED - WEEK #8

- monday* Rest/Active Recovery Day
- tuesday* 10/10/17 12:30 PM ET 30 Min HIIT
- wednesday* Rest/Active Recovery Day
- thursday* 02/03/18 4:30 PM ET 30 Min HIIT
- 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