

# Cyclist's Training: Weekly training schedule varies

by: Jim  
Bruskewitz

You may be adhering to a set weekly schedule or a varied weekly training schedule.

Many different weekly schedules can offer a successful approach to training.

The various weekly schedules shown here are meant to suggest approaches that are likely similar to the schedule you choose. Use these examples to illustrate patterns that will successfully combine Globus strength training and active recovery with sport specific training plans.

The combination of Globus strength with the multi-paced sport specific workout types aims to fit training sessions into a week while maximizing

the amount of recovery between more intense or longer sport specific workouts.

## Borg RPE (rating of perceived exertion) scale and training zones

Power			Functional Threshold Power		HR zone	Description
Zone	RPE	%FTP				
1	Recovery	6			AR	
1	Recovery	7			AR	very, very light
1	Recovery	8	<55%		AR	
2	Extensive endurance	9	56%		OD	very light
2	Extensive endurance	10	to		OD	
2	Extensive endurance	11	75%		OD	fairly light
3	Intensive endurance	12	76%		EXT AT	
3	Intensive endurance	13	to		EXT AT	somewhat hard
3	Intensive endurance	14	90%		EXT AT	
4	Threshold	15	91%		INT AT	hard
5a	Threshold	16	105%		INT AT	
5b	Anaerobic endurance	17	106%		VO <sub>2</sub> max	very hard
5b	Anaerobic endurance	18	120%		VO <sub>2</sub> max +	
5c	Power	19	>120%		MAX	very, very hard

**5c**      **Power**      **20**      **MAX**

Example of **one** or **two** times per week Globus strength training regimen

 denotes EMS active recovery

**Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)  
EMS refers to electromuscular stimulation training with Globus**

		Week 1						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>voluntary</b>	Active Recovery	Power!	Medium Endurance	Lactate Threshold	Active Recovery	Tempo	Extensive endurance	
<b>EMS</b>		Globus				Globus		
<b>EMS</b>		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	
		Week 2						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>voluntary</b>	REST	Sub-lactate threshold	Power!	Active Recovery	Tempo	Tempo	Extensive endurance	
<b>EMS</b>			Globus			Globus		
<b>EMS</b>		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	
		Week 3						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>voluntary</b>	REST	Active Recovery	Sub-lactate threshold	Tempo	Active Recovery	Extensive endurance	Extensive endurance	
<b>EMS</b>			Globus				Globus	
<b>EMS</b>		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	
		Week 4 rest week						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>voluntary</b>	REST	Active Recovery	Active Recovery	Active Recovery	REST	Tempo	REST	
<b>EMS</b>			Globus			Globus		
<b>EMS</b>		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	
		Week 5						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

<b>voluntary</b>	Power!	Lactate Threshold	Active Recovery	Power!	Active Recovery	Extensive endurance	Extensive endurance
<b>EMS</b>		Globus			Globus		
<b>EMS</b>	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 6**

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>voluntary</b>	REST	Tempo	Power!	15min @60-65% FTP	REST	3.5 hours hilly	Active Recovery
<b>EMS</b>			Globus			Globus	
<b>EMS</b>	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 7**

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>voluntary</b>	REST	Lactate Threshold	Tempo	Active Recovery	Power!	Extensive endurance	Active Recovery
<b>EMS</b>			Globus			Globus	
<b>EMS</b>	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 8**

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>voluntary</b>	REST	Active Recovery	REST	Active Recovery	REST	Tempo	REST
<b>EMS</b>		Globus				Globus	
<b>EMS</b>		Activ rec.		Activ rec.		Activ rec.	

Example of a three Globus training day split. The **Globus** denotes muscle groups with a primary training emphasis while the **Globus/split** denotes muscle groups that are trained with a secondary emphasis. Most commonly athletes will train for strength using electro muscular stimulation three times per week foregoing the split routine

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)

EMS refers to electromuscular stimulation training with Globus

denotes EMS active recovery

**Week 1**

<b>Training method</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>voluntary</b>	Active Recovery	Power!	Medium Endurance	Lactate Threshold	Active Recovery	Tempo	Extensive endurance
<b>EMS</b>		Globus		Globus		Globus	

EMS			Globus/split			Globus/split			Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Sub-lactate threshold	Power!	Active Recovery	Tempo	Tempo	Extensive endurance

EMS			Globus			Globus			Globus
EMS		Globus/split		Globus/split		Globus/split		Globus/split	
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Sub-lactate threshold	Tempo	Active Recovery	Extensive endurance	Extensive endurance

EMS		Globus		Globus		Globus			Globus
EMS			Globus/split		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 4 rest week**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Active Recovery	Active Recovery	REST	Tempo	REST

EMS		Globus		Globus		Globus			Globus
EMS			Globus/split		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 5**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Power!	Lactate Threshold	Active Recovery	Power!	Active Recovery	Extensive endurance	Extensive endurance

EMS		Globus		Globus		Globus			Globus
EMS			Globus/split		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 6**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Tempo	Power!	15min @60-65% FTP	REST	3.5 hours hilly	Active Recovery

EMS			Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split	
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 7**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>voluntary</b>	REST	Lactate Threshold	Tempo	Active Recovery	Power!	Extensive endurance	Active Recovery

EMS			Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split	
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

**Week 8**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>voluntary</b>	REST	Active Recovery	REST	Active Recovery	REST	Tempo	REST

EMS		Globus		Globus		Globus	
EMS			Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

***Suggested periodized strength training plan for the Globus Premium Sport model***

<b>Program</b>	<b>Frequency</b>	<b>duration</b>
max strength 1	2 to 3 times weekly	2 to 3 weeks
max strength 2	2 to 3 times weekly	2 to 3 weeks
max strength 3	2 to 3 times weekly	2 weeks
	<b>max strength</b>	<b>6 to-9weeks total</b>
	<b>transition week</b>	
resistance strength 1	1 time weekly	
max strength 3	1 to 2 times weekly	1week
Resistance 1	2 to 3 times weekly	2 to 3 weeks
Resistance 2	2 to 3 times weekly	2 to 3 weeks
Resistance 3	2 to 3 times weekly	2 to 3 weeks
	<b>resistance strength</b>	<b>6 to-9weeks total</b>
	<b>transition week</b>	
Endurance	1 time weekly	

1			
Resistance strength	3	1 to 2 times weekly	1 week
Endurance	1	2 to 3 times weekly	4 to 6 weeks
		<b>transition weeks</b>	
Endurance	1	1 time weekly	
Endurance	2	1 to 2 times weekly	2 to 3 weeks
Endurance	2	1 to 2 times weekly	4 to 6 weeks
		<b>Endurance</b>	<b>10 to 15 weeks total</b>