



## Month - 3

Rider - Beginner / Relatively unfit but on a comeback

Total hours per week - 5 to 7

You'll now be settled into the program and have a good idea of how it works. You should have your new FTP test power level added to FulGaz.

Lots of this month may be quite different from how you've trained in the past, with lots of going as fast as you can for given distances, but this is where we're going to make the biggest changes to your "real world" performance when you head for the hills outdoors. To do this, there's an emphasis on two areas.

1. Work on top end power to "pull" up your FTP and allow you to change pace on climbs
2. Put everything you've learned together by practicing it on uphill time trials

### **How to get the best out of this program**

We've outlined specific FulGaz sessions for you. Try to do these no matter what. You don't have to do them on the days we suggest, but it's best not to do them on consecutive days because you want your legs to be fresh enough to go at the target power levels for the sessions.

We've also outlined general direction and training volume to accompany the FulGaz sessions. You could do these in FulGaz, outdoors or in another app.

### **IMPORTANT!!**

Make sure you've got your settings correct before doing these sessions. Here's how to be 100% sure you're fully set up and ready to go.

<https://support.fulgaz.com/hc/en-us/articles/360025406951-FulGaz-3-0-Beta-Known-Issues>

# The Time Trials

The aim is to repeat the same uphill time trial once a week for three weeks, seeing if you can improve through the month. You don't have any power targets for these because you won't have that when you ride outdoors.

What you do get is constant tips and encouragement / abuse from Bernard to help you get it right and keep the pressure on. It's been apparent from the FTP results that there is a big spread of ability in the group, so you get a choice of time trial. Whatever ride you choose, the aim is to learn how to get the best out of yourself on a challenging climb.

## **How to choose which time trial to do each week**

The FTP test and the two climbs for you to choose from have all been filmed by Mike Clucas specifically for this program at roughly the same effort, so you'll have an idea of how your times compare to his. We therefore offer these suggestions.

- A. FTP Test segment time 25 mins or slower. If you're really pushed for time  
Choose Old La Honda  
(The timed segment took Mike 28 minutes)
  
- B. FTP Test segment time faster than 25 mins  
Choose Gibraltar Road  
(The timed segment took Mike 49 minutes)

## **PRO Tip – Challenge Mode**

Ride the time trial in reactive mode in the first week, then select "Upload to Challenge Lists" at the end of the ride. When you ride it a second time, select Challenge Mode and pick your time from the list. You can then race against yourself head to head.

## **Forgot to upload to the Challenge List?**

No problem, just go to Settings > Ride history, select the ride and upload to the challenge list from there. (You won't get a duplicate ride in Strava).

## Week 9

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

### Monday

#### **Easy day**

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

### Tuesday

#### **FulGaz Session – Humphries Hurt Box**

Goal – Build your max aerobic power

*1 hour 10 mins. Repeating 4 mins very hard, 4 mins easy on and around Humphries Road*

### Wednesday

#### **1 hour easy spin**

Goal - Recover from yesterday

*Suggested FulGaz session Pacific highway Cruise*

### Thursday

#### **FulGaz Session – Uphill Time Trial**

Goal – Increase “real world” climbing ability and FTP

*Approx 1 hour. Choose from Old La Honda OR Gibraltar Road. We recommend the Warnambool Warmup ride before Old LA Honda because that ride does not include a warmup*

### Friday

#### **Day off**

Goal – Recover

*You need to be ready for some tough sessions on the weekend*

### Saturday

#### **FulGaz Session - Warnambool Warmup + Volcano**

Goal – Start building your high-end power and ability to surge up hills

*1 hour. A warmup ride, followed by laps of an extinct volcano in Australia*

### Sunday

#### **Long ride up to 2 hours outdoors or 90 mins indoors**

Goal - Build endurance NO BIG HILLS!!

*Suggested FulGaz sessions Kona Ironman part 1 or Kentish Cruise. We strongly recommend staying away from big climbs today.*

# Week 10

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

## Monday

### **Easy day**

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

## Tuesday

### **FulGaz Session – Humphries Hurt Box**

Goal – Build your max aerobic power

*1 hour 10 mins. Repeating 4 mins very hard, 4 mins easy on and around Humphries Road*

## Wednesday

### **1 hour easy spin**

Goal - Recover from yesterday

*Suggested FulGaz session Pacific highway Cruise*

## Thursday

### **FulGaz Session – Uphill Time Trial**

Goal – Increase “real world” climbing ability and FTP

*Approx 1 hour. Choose from Old La Honda OR Gibraltar Road. We recommend the Warnambool Warmup ride before Old LA Honda because that ride does not include a warmup*

## Friday

### **Day off**

Goal – Recover

*You need to be ready for some tough sessions on the weekend*

## Saturday

### **FulGaz Session - Climbing Power – Cap Formentor**

Goal – Spending time at and above FTP

*1 hour 42 mins. Let's see how this compares to last month*

## Sunday

### **Long ride up to 2 hours outdoors or 90 mins indoors**

Goal - Build endurance

*Suggested FulGaz sessions Kona Ironman part 2 or Exedown Loop*

# Week 11

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days.

## Monday

### **Easy day**

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

## Tuesday

### **FulGaz Session – Humphries Hurt Box**

Goal – Build your max aerobic power

*1 hour 10 mins. Repeating 4 mins very hard, 4 mins easy on and around Humphries Road*

## Wednesday

### **1 hour easy spin**

Goal - Recover from yesterday

*Suggested FulGaz session Pacific highway Cruise*

## Thursday

### **FulGaz Session – Uphill Time Trial**

Goal – Increase “real world” climbing ability and FTP

*Approx 1 hour. Choose from Old La Honda OR Gibraltar Road. We recommend the Warnambool Warmup ride before Old LA Honda because that ride does not include a warmup*

## Friday

### **Day off**

Goal – Recover

*You need to be ready for some tough sessions on the weekend*

## Saturday

### **FulGaz Session – Phil’s Cookie Fondo Highlights**

Goal - Endurance and pedaling efficiency

*1 hour 30 mins . Yes, it’s back! Let’s see how this compares to last time*

## Sunday

### **Long ride up to 2 hours outdoors or 90 mins indoors**

Goal - Build endurance

*Suggested FulGaz sessions Kona Ironman part 3 or Banff*

# Week 12

Aim to do all the FulGaz sessions. Ideally, on the days suggested. All other sessions are suggestions only. The key is to take note of the intensity you are expected to ride at on the non-FulGaz days. This week is almost the same “Taper” week as last month. You’ll know by now if you need to back off a bit more.

## Monday

### **Easy day**

Goal - Recover from the weekend

Either a day off completely, an easy FulGaz ride, or ride outdoors

## Tuesday

### **FulGaz Session - Warnambool Warmup + Volcano**

Goal – Start building your high-end power and ability to surge up hills

*1 hour. A warmup ride, followed by laps of an extinct volcano in Australia*

## Wednesday

### **1 hour easy spin**

Goal - Recover from yesterday

*Suggested FulGaz session - Home Again*

## Thursday

### **FulGaz Session – Cruising by the lake**

Goal – Changing tempo without going too hard

*A cruisy day working on pedaling technique. Save yourself for the FTP test on Saturday*

## Friday

### **Day off**

Goal – Recover

*You need to be ready for some tough sessions on the weekend*

## Saturday

### **FulGaz Session – Kinglake FTP Test**

Goal - Work out your individual training levels and see how much you’ve improved through the program

*A flat out uphill time trial of approx. 20 mins, followed by a shorter max effort. How will this compare to the start of the month?*

## Sunday

### **Long ride up to 2 hours outdoors or 90 mins indoors**

Goal - Build endurance

*Suggested FulGaz sessions Kona Ironman part 4 or Cote du Park Rash*

## Further notes to help you

### **IMPORTANT What if the sessions are too long for you?**

Get through as much as you can. While it might feel like failure, completing half of every session in the first month is big achievement that will help you improve. This is a much better approach than fighting to finish one session then not riding for the rest of the week because you're too sore.

### **What happens if I miss a day or need to travel for a few days?**

Don't stress, we won't throw you off the program! We had a limited number of people we could give access to, so we gave priority to people who would get a lot of benefit from the program. If you miss one day, you're generally going to be getting a bit of recovery so the general guide is as follows

1. Missed a day because of work commitments - do climbing sessions for the next two days in a row to catch up
2. Missed a day because you were sick - forget about it, you need the recovery

If you need to travel for a while for work or a vacation, try to ride or exercise if you can then just jump back in on the relevant day

### **Go EASY on the easy days**

One of the biggest mistakes keen amateurs make compared to their professional counterparts is to go too hard on their easy days - Only to then not be able to go hard enough when they need to do a tough session. If you ever get the chance to go for a ride with a Pro bike rider, you'd be amazed how slowly they go on their easy days. If that sounds like you, set yourself a limit of 50% of FTP on the flat and avoid hills on your easy days.

### **Having technical issues?**

There's lots of help in our [support forum](#)

### **Want to connect with other people doing the program?**

Visit the [FulGaz Riders Facebook Group](#)

### **Disclaimer**

If you are unsure of your current health or suitability to undertake this or any training program, consult a medical professional. You undertake this program at your own risk. Bizar Mobile Pty Ltd (Parent company of FulGaz) it's employees and contractors accept no liability whatsoever for any situation arising from undertaking this program or the sessions within it.