

12 WEEK FTP PROGRAM



Rider - Beginner / Time Poor, wanting to improve

Total hours per week - 5 to 7

This 12 Week FTP program has been designed to increase your Functional Threshold Power in a manner that is not only fun, but also transfers well to riding outdoors. You'll enjoy some amazing rides while undertaking a mixture of solid efforts, all the while keeping the time commitment per session to less than an hour.

Our aim is to help you see real world improvements, so this month starts off with a test to define your training levels. It's a hill climb with approximately 5% average gradient. Once completed it will give you a new FTP number. This data is then used by the program to specify power and cadence you will train at. Each month you will perform the FTP Test to monitor your (inevitably upward!) adaptation. As the weeks go on the sessions will become progressively harder. The good news is that as the sessions get harder, you will become stronger! At the end of the 12 weeks you will perform the FTP Test for the last time. The reward of your new improved FTP will be realised after the challenging block of consistent work you have put in.

So... let's get started.

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 also best not to do them on consecutive days because you want your legs to be fresh enough to ride at the target power levels for these specified sessions.

We've also outlined general direction and training volume to accompany the FulGaz sessions.

Week 1

Your aim ought to be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Tuesday - FulGaz FTP Test

A warm up then a flat out, uphill time trial to work out your individual training levels

0:41:49

Wednesday - 2 hour easy spin, or up to 90 mins indoors

Recover from yesterday

Suggestions

Nashua Rail Trail - New Hampshire, USA

Rye Runden - Oslo, Norway

West Head Lookout - Sydney, New South Wales, Australia

Thursday - Luz Ardiden Short

Tempo efforts with surges above FTP, on a fantastic climb in France

0:55:40

Friday - Day off

Recover because you need to be ready for some tough sessions on the weekend

Saturday - Kew 2 laps

Consistent pedaling efficiency, spending bursts of time at or above FTP on one of the most popular training loops in Australia

0:43:06

Sunday - Long ride up to 2.5 hours outdoors or up to 75 mins indoors

Goal - Build endurance. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Waikoloa Waimea Kohala - Hawaii, USA

The Cervinia - Châtillon, Valle d'Aosta, Alps, Italy

Timmelsjoch (Passo del Rombo) - Southern Tyrol, Italy

Week 2

This week's aim follows last week (and indeed the overall aims!); do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Penrith to Greystoke Rollercoaster - Cumbria, UK

Sinngrund Up and Down - Lower Franconia, Bavaria, Germany

The Honister Pass and Newlands Hause - Seatoller, The Lake District, UK

Tuesday – Luz Ardiden Short

Tempo efforts with surges above FTP, on a Fantastic climb in France

0:55:40

Wednesday - 2 hours easy spin outdoors or up to 70 mins indoors

Goal – Aerobic work and Recover from yesterday

Suggestions

Choose (either a road or in FulGaz!), a flat or slightly undulating ride on small chainring and focus on consistent cadence of 90+rpm

Thursday – Mulholland Highway

You'll spend some longer periods at FTP up this classic climb. Maintain good technique all the way up

0:43.19

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday – The Incline Strikes Back

It's time to head to a sandy desert at dawn for a series of climbs at and above FTP

0:41:17

Sunday - Long ride of up to 3.5 hours outdoors or up to 75 mins indoors

Build endurance ride. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Col de la Madeleine From La Chambre - Auvergne-Rhône-Alpes, Savoie, France

Waikoloa Waimea Kohala - Waikoloa, Hawaii, USA

Greenhow Hill - Pateley Bridge, Nidderdale, Yorkshire, UK

Week 3

Oh look out, we're into you again about consistency! So to be clear, your goal ought to be to do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

The Return of the Pedit - Empty Quarter, Abu Dhabi, United Arab Emirates

Brad McGee's Training Loop - Fitzroy Falls, New South Wales, Australia

Tuesday – Kew 2 laps

Consistent pedaling efficiency, spending bursts of time at or above FTP on one of the most popular training loops in Australia.

1:04:39

Wednesday - 1.5 hours easy spin

Aerobic work and Recover from yesterday

Suggestions

Andratx Coastal Ride 2018 - Mallorca, Spain

Allen Creek - Missoula, Montana, USA

Passo Giovo (Jaufenpass) - Southern Tyrol, Italy

Thursday – Axel Merckx Hill Climb Intervals

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57.21

Friday - Day off

Recover because you need to be ready for some tough sessions on the weekend

Saturday – Mulholland Highway

You'll spend some longer periods at FTP up this classic climb. Maintain good technique all the way up

0:43.19

Sunday - Long ride up to 2.5 hours outdoors or 75 mins indoors

Goal - Build endurance. The old long 'n slow returns. The two hours can be done on a nice easy outdoor session or in FulGaz via a similar terrain ride. The good thing here is that due to the higher intensity of indoor training, you can bowl this over on FulGaz in 90 minutes...!

Suggestions

Afton Switchbacks - Afton, Virginia, USA (2 x laps)

Box Hill and Ranmore Common - Box Hill, Surrey, UK (2 x laps)

Passo della Stelvia From Bormio - Bormio, Lombardy, Italy

Week 4

For this final week, we're close to our goals and guess what? Yup, your aim ought to still be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Box Hill and Ranmore Common - Box Hill, Surrey, UK

Kew Boulevard 2 laps - Melbourne, Victoria, Australia

Las Flores - Malibu, California, USA

Saturday – The Incline Strikes Back

It's time to head to a sandy desert at dawn for a series of climbs at and above FTP

0:41:17

Wednesday - 2 hour easy spin

Aerobic work and Recover from yesterday on flat or undulating ride on small chainring focusing on consistent cadence of 90+rpm. Find a 90 minute FulGaz ride or do two laps of an easy 45!

Suggestions

Warby Ranges State Park - Victoria, Australia

Lake Hamana - Kosai, Japan

6 Laps of London - London, UK (2 x laps)

Thursday – Patterson River Loop

Working on pedaling efficiency while helping your legs freshen up ready for the next FTP test

0:55:00

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday - FulGaz FTP Test

Work out your individual training levels

0:41:49

Sunday - Long ride up to 2.5 hours outdoors or up to 90 mins indoors

Goal - Build endurance. Pick a hilly session in FulGaz and nail one hour of power during your ride

Suggestions

Elite Men's ITT - UCI Worlds 2019 Harrogate, Yorkshire, UK

Mt Fuji Road Race Loop - Japan

Afton Switchbacks - Afton, Virginia, USA (2 x laps)

Week 5

Your aim ought to be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Tuesday – Passo Sella

Four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:53:00

Wednesday -1 hour easy spin

Recover from yesterday

Suggestions

6 Laps of London - London, UK

Carry On Cycling - Winchmore Hill, Buckinghamshire, UK

Como to Bellagio -Lombardy, Italy

Thursday – West Head Lookout

Sweet spot and over threshold intervals. "Sweet spot" is a level below your FTP that produces great aerobic improvements without leaving you too tired for harder efforts.

00:55:15

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday – Sa Calobra Intervals

A classic "under-over" session - Over and under FTP all the way up an absolute "bucket list" climb for any cyclist.

0:55:22

Sunday - Long ride up to 2 hours outdoors or 90 mins indoors

Goal - Build endurance. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Canadian Bay Road (18km, 4K version) - Frankston, Victoria, Australia (2 x laps)

OVO Energy Tour of Britain 2018 Stage 4 Finish into Leamington Spa - Warwickshire, UK

Kona IRONMAN Part 1 - Kona, Hawaii, USA

Week 6

This week's aim follows last week (and indeed the overall aims!); do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Penrith to Greystoke Rollercoaster - Cumbria, UK

Sinngrund Up and Down - Lower Franconia, Bavaria, Germany

The Honister Pass and Newlands Hause - Seatoller, The Lake District, UK

Tuesday – Col d’Aspin

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57:23

Wednesday - 1.5 hours easy spin outdoors or 45 mins to 1 hour indoors

Goal – Aerobic work and Recover from yesterday

Suggestions

Choose (either a road or in FulGaz!), a flat or slightly undulating ride on small chainring and focus on consistent cadence of 90+rpm

Thursday – Mulholland Highway

You'll spend some longer periods at FTP up this classic climb. Maintain good technique all the way up

0:43.19

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday - Sa Calobra Intervals

A classic "under-over" session - Over and under FTP all the way up an absolute "bucket list" climb for any cyclist.

0:55:22

Sunday - Long ride of up to 2 hours outdoors or up to 60 mins indoors

Build endurance ride. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Coll de Rates From Parcent - Parcent, Calpe, Spain (3 x laps)

Cullen Skink - Aberfoyle, Scotland, UK (2 x laps)

Bobbin Head Road - Hornsby, Sydney, New South Wales, Australia

Week 7

Oh look out, we're into you again about consistency! So to be clear, your goal ought to be to do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

The Return of the Padi - Empty Quarter, Abu Dhabi, United Arab Emirates

Brad McGee's Training Loop - Fitzroy Falls, New South Wales, Australia

Tuesday – 4 Laps of London

Working on max power efforts on the Tour of Britain circuit. FTP is always a percentage of max power, so it's important to work on the higher intensity aspects of your fitness

0:41:20

Wednesday - 1.5 hours easy spin

Aerobic work and Recover from yesterday

Suggestions

Mt Fuji Road Race Loop - Japan

Banff - Banff, Canada

Rye Runden - Oslo, Norway

Thursday – Axel Merckx Hill Climb Intervals

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57:21

Friday - Day off

Recover because you need to be ready for some tough sessions on the weekend

Saturday – Mount Martha 1.5 Laps

Constantly changing terrain on a popular and scenic loop in Australia. A great way to work on climbing power at and above FTP

0:42:30

Sunday - Long ride up to 2 hours outdoors or 90 mins indoors

Goal - Build endurance. The old long 'n slow returns. The two hours can be done on a nice easy outdoor session or in FulGaz via a similar terrain ride. The good thing here is that due to the higher intensity of indoor training, you can bowl this over on FulGaz in 90 minutes...!

Suggestions

Afton Switchbacks - Afton, Virginia, USA (2 x laps)

Box Hill and Ranmore Common - Box Hill, Surrey, UK (2 x laps)

Passo della Stelvio from Bormio - Bormio, Lombardy, Italy

Week 8

For this final week, we're close to our goals and guess what? Yup, your aim ought to still be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Box Hill and Ranmore Common - Box Hill, Surrey, UK

Kew Boulevard 2 laps - Melbourne, Victoria, Australia

Las Flores - Malibu, California, USA

Tuesday – 4 Laps of London

Working on max power efforts on the Tour of Britain circuit. FTP is always a percentage of max power, so it's important to work on the higher intensity aspects of your fitness

0:41:20

Wednesday - 1.5 hours easy spin

Aerobic work and Recover from yesterday on flat or undulating ride on small chainring focusing on consistent cadence of 90+rpm. Find a 90 minute FulGaz ride or do two laps of an easy 45!

Suggestions

FedUni Gran Fondo - Ballarat, Victoria, Australia (2 x laps)

Falzarego - Dolomites, Italy

Kona IRONMAN Part 1 - Hawaii, USA

Thursday – Patterson River Loop

Working on pedaling efficiency while helping your legs freshen up ready for the next FTP test

0:55:00

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday - FulGaz FTP Test

Work out your individual training levels

0:41:49

Sunday - Long ride up to 3 hours outdoors or 90 mins indoors

Goal - Build endurance. Pick a hilly session in FulGaz and nail one hour of power during your ride

Suggestions

Chilterns Villages 2019 - The Chiltern Hills, Buckinghamshire, UK

Gibraltar Road - Santa Barbara, California, USA

Knatts Valley and beyond - Knatt's Valley, Kent, UK

Week 9

Your aim ought to be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Tuesday – Mount Martha 1.5 Laps

Constantly changing terrain on a popular and scenic loop in Australia. A great way to work on climbing power at and above FTP

0:42:30

Wednesday – Col d’Aspin

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57:23

Thursday – The Sidewinder Trail

A scenic trail in Montana with lots of short bursts over your FTP power and some longer tempo sections

0:53:31

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday – Passo Sella

Four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:53:00

Sunday - Long ride up to 2 hours outdoors or 90 mins indoors

Goal - Build endurance. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Canadian Bay Road (18km, 4K version) - Frankston, Victoria, Australia (2 x laps)

DVD Energy Tour of Britain 2018 Stage 4 Finish into Leamington Spa - Warwickshire, UK

Kona IRONMAN Part 1 - Kona, Hawaii, USA

Week 10

This week's aim follows last week (and indeed the overall aims!); do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Penrith to Greystoke Rollercoaster - Cumbria, UK

Sinngrund Up and Down - Lower Franconia, Bavaria, Germany

The Honister Pass and Newlands Hause - Seatoller, The Lake District, UK

Tuesday – The Incline Strikes Back

Head into the desert for a great set of hills. The ride features repeated efforts around FTP.

0:41:17

Wednesday – Axel Merckx Hill Climb Intervals

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57.21

Thursday – 4 Laps of London

Working on max power efforts on the Tour of Britain circuit. FTP is always a percentage of max power, so it's important to work on the higher intensity aspects of your fitness

0:41:20

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday - Sa Calobra Intervals

A classic "under-over" session - Over and under FTP all the way up an absolute "bucket list" climb for any cyclist.

0:55:22

Sunday - Long ride of up to 2 hours outdoors or up to 60 mins indoors

Build endurance ride. If you ride in FulGaz on this day, try an easy or hilly ride or rides to build up the time. Finish the ride feeling like you have something left to give instead of feeling completely spent.

Suggestions

Coll de Rates From Parcent - Parcent, Calpe, Spain (3 x laps)

Cullen Skink - Aberfoyle, Scotland, UK (2 x laps)

Bobbin Head Road - Hornsby, Sydney, New South Wales, Australia

Week 11

Oh look out, we're into you again about consistency! So to be clear, your goal ought to be to do all the FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

The Return of the Padi - Empty Quarter, Abu Dhabi, United Arab Emirates

Brad McGee's Training Loop - Fitzroy Falls, New South Wales, Australia

Tuesday – The Sidewinder Trail

A scenic trail in Montana with lots short bursts over your FTP power and some longer tempo sections

0:53:31

Wednesday – Col d'Aspin

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57:23

Thursday – 4 Laps of London

Working on max power efforts on the Tour of Britain circuit. FTP is always a percentage of max power, so it's important to work on the higher intensity aspects of your fitness

0:41:20

Friday - Day off

Recover because you need to be ready for some tough sessions on the weekend

Saturday – Axel Merckx Hill Climb Intervals

A good warmup then four blocks of short bursts over your FTP power with enough recovery to allow you to hit your targets

0:57.21

Sunday - Long ride up to 2 hours outdoors or 90 mins indoors

Goal - Build endurance. The old long 'n slow returns. The two hours can be done on a nice easy outdoor session or in FulGaz via a similar terrain ride. The good thing here is that due to the higher intensity of indoor training, you can bowl this over on FulGaz in 90 minutes...!

Suggestions

Afton Switchbacks - Afton, Virginia, USA (2 x laps)

Box Hill and Ranmore Common - Box Hill, Surrey, UK (2 x laps)

Passo dello Stelvio From Bormio - Bormio, Lombardy, Italy

Week 12

For this final week, we're close to our goals and guess what? Yup, your aim ought to still be to do all the nominated FulGaz sessions, ideally on the days advised. All other sessions are suggestions only.

Monday - Easy day

Recover from the weekend. Either a day off completely, an easy FulGaz ride, or an easy ride outdoors.

Suggestions

Box Hill and Ranmore Common - Box Hill, Surrey, UK

Kew Boulevard 2 laps - Melbourne, Victoria, Australia

Las Flores - Malibu, California, USA

Tuesday – Luz Ardiden Short

Tempo efforts with surges above FTP, on a fantastic climb in France

0:55:40

Wednesday - 1.5 hours easy spin

Aerobic work and Recover from yesterday on flat or undulating ride on small chainring focusing on consistent cadence of 90+rpm. Find a 90 minute FulGaz ride or do two laps of an easy 45!

Suggestions

FedUni Gran Fondo - Ballarat, Victoria, Australia (2 x laps)

Falzarego - Dolomites, Italy

Kona IRONMAN Part 1 - Hawaii, USA

Thursday – Patterson River Loop

Working on pedaling efficiency while helping your legs freshen up ready for the next FTP test

0:55:00

Friday - Day off

Goal – Recover because you need to be ready for some tough sessions on the weekend

Saturday - FulGaz FTP Test

Work out your individual training levels

0:41:49

Sunday - Long ride up to 2 hours outdoors or 60 mins indoors

Goal - Build endurance. Pick a hilly session in FulGaz and nail one hour of power during your ride

Suggestions

Chilterns Villages 2019 - The Chiltern Hills, Buckinghamshire, UK

Gibraltar Road - Santa Barbara, California, USA

Knatts Valley and beyond - Knatt's Valley, Kent, UK

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 a 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;

- Missed a day because of work commitments - do climbing sessions for the next two days in a row to catch up
- 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) its employees and contractors accept no liability whatsoever for any situation arising from undertaking this program or the sessions within it.