



Month - 1

Rider - Beginner / Time Poor

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.

And lastly, you could do these in FulGaz or outdoors.



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.

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 an easy ride outdoors!

Tuesday

FulGaz FTP Test

Goal - Work out your individual training levels. FTP is "Functional Threshold Power" We use this as the main setting for defining your training intensities in FulGaz.

A flat out uphill time trial of approx. 20 mins.

Wednesday

1 hour easy spin

Goal - Recover from yesterday

Suggested FulGaz session Anything under 1 hour from the "easy" section

Thursday

FulGaz session – Luz Ardiden

Goal - Technique and conditioning

55:40 min., Riding up a long steady climb introducing 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.

Friday

Day off

Goal – Recover

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

Saturday

FulGaz session – Kew x 2 Laps

Goal - Consistent pedaling efficiency, spend bursts of time at or above FTP

43:06 mins riding on undulating terrain continuously going over and under threshold

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.



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.

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

Suggested sessions. Either a day off completely or a 45min easy focussing on higher cadence riding (95rpm)

Tuesday

FulGaz session – Luz Ardiden

Goal - Technique and conditioning

55:40 mins, Riding up a long steady climb introducing sweet spot and over threshold intervals. See how you go compared to last week...!

Wednesday

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

Goal – Aerobic and Recover from yesterday

Choose (either a road or in FulGaz!0, a flat or slightly undulating ride on small chainring and focus on consistent cadence of 90+rpm

Thursday

FulGaz session – Mulholland Highway

Goal - Spending time at FTP

43.19 mins This is the longest amount of time sitting at threshold. You will need to maintain composure throughout.

Friday

Day off

Goal – Recover

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

Saturday

FulGaz session The Incline Strikes Back

Goal – Efficient and produce high power at the end of the ride.

41.17 mins This ride is exactly what the name implies - It gets harder as the ride goes on

Sunday

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

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.



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.

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

Suggested sessions. Either a day off completely or a 45min easy ride on small chainring focussing on cadence at 95rpm

Tuesday

FulGaz session – Kew x 2 Laps

Goal - Consistent pedaling efficiency

43:06 mins riding on undulating terrain continuously going over and under threshold

Wednesday

1.5 hours easy spin

Goal – Aerobic and Recover from yesterday

Choose an outdoor ride or FulGaz session that is flat or undulating ride. Stay on the small chainring while focussing on consistent cadence of 90+rpm

Thursday

FulGaz session – Axel Merckx Hill Climb Intervals

Goal - Spending time at over threshold

57.21 mins Specific intensity intervals that are uncomfortable but produce great results because of their intensity.

Friday

Day off

Goal – Recover

You need to be ready for some tough sessions on the weekend! Stretches maybe? Get a massage.

Saturday

FulGaz session – Mulholland Highway

Goal - Spending time at FTP

43.19 mins This is the longest amount of time sitting at threshold. Will need to maintain composure throughout.

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...!



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 of the nominated FulGaz sessions, ideally on the days advised. 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

Suggested sessions. Either a day off completely or a 45min easy ride on small chainring focussing on cadence at 95rpm

Tuesday

FulGaz session The Incline Strikes Back

Goal - Efficient and produce high power at the end of the ride

41.17 mins This ride is exactly what the name imply's. It gets harder as the ride goes on

Wednesday

1.5 hours easy spin

Goal - Aerobic and Recover from yesterday

Flat or undulating ride on small chainring focussing on consistent cadence of 90+rpm

Find a 90 minute FulGaz ride or do two laps of an easy 45!

Thursday

FulGaz session - Patto

Goal - Changing tempo without going too hard

A cruisy, unstructured day. Save it for the FTP test on Saturday

Friday

Day off

Goal - Recover

You need to be ready for another test tomorrow.

Saturday

FulGaz FTP Test

Goal - Work out your individual training levels

A flat-out uphill time trial of approx. 20 mins. How will you compare to the start of the month?

Sunday

A 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!

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.

