



FIRST WATTS COACH



TRAININGPEAKS™



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7-Day Hybrid Endurance Training Plan Time-Based | Mix of Running & Cycling

Day 1 - Monday

Run 45 min in Zone 2

Easy effort, conversational pace

Focus on steady aerobic work

Day 2 - Tuesday

Bike 60 min Zone 2

Spin at a light, consistent cadence

Include 4x30 sec high cadence drills

Day 3 - Wednesday

Rest Day

Optional: Light stretch or foam rolling (15-20 min)

Day 4 - Thursday

Run Intervals (Threshold + VO₂)

Warm-up 10 min Z2

4x3 min Z4 w/ 90 sec easy jog

2x1 min Z5 w/ 2 min recovery

Cool down 10 min Z2

Day 5 - Friday

Bike 45 min Zone 2

Add 3x5 min low-cadence strength work
(60-65 RPM, seated climb feel)

VO₂MAX:

The maximum amount of oxygen the body can take up during exercise or activity.



Day 6 - Saturday

Rest Day

Optional: Stretch or foam roll (15-20 min) Hydration and fueling prep for long day

Day 7 - Sunday

Long Ride or Run (Your Choice)

75-90 min in Zone 2

Fuel mid-session, pace steady, enjoy the effort

Long Run Pace

The pace of the long run depends on the your level of experience. For a beginner or even intermediate runner, the pace of isn't as important as the time spent running. If there's any time when slower is better, the long run is it. Run at a comfortable, conversational pace (about two minutes per mile slower than 5K race pace, or about 70 to 75 percent of max heart rate). Breathing, though elevated, should be very comfortable and rhythmic, and you should be able to hold a conversation the entire time. For an advanced runner who wants to improve his or her long distance race time, some faster-paced running can be included in the long run. Try running a portion of the long run at marathon pace or threshold pace.