FIRST WATTS COACH

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

VO_2MAX:
The maximum amount of oxygen the body can take up during exercise or activity.

Day 5 - Friday
Bike 45 min Zone 2
Add 3x5 min low-cadence strength work
(60-65 RPM, seated climb feel)

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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.