



BUILD Cycling Academy

Winter Training Calendar of
Events



How to Connect for group indoor workouts

- Join BUILD Cycling Academy Zwift Club
<https://www.zwift.com/clubs/ab441930-a173-42dc-86cf-628f1b9a4a5a/home>
- Join BUILD Cycling Academy Discord Server (optional, but necessary if you want to chat live)
<https://discord.gg/tK4T2rnY>
- Join Intervals.icu and ask Coach Ryan to coach you
<https://intervals.icu/?invite=2hfpzy8ae5x43ks8>
- Download the structured workouts and add them to your Zwift custom folder ([instructions here](#)) if you want to see the workout on-screen (*otherwise Coaches will talk you through the session via Discord*)

Block 1
Jan-Feb '24
Weeks 1-4

	Tuesday			Thursday		
Week of	Time	Workout	Route	Time	Workout	Route
Jan 22	17:30	5x5 Threshold		17:30	4x10 Tempo	
Jan 29	17:30	5x5 Threshold		17:30	5x10 Tempo	
Feb 5	17:30	5x5 Threshold		17:30	2x20 Tempo	
Feb 12	17:30	Ramp Test		17:30	Alp du Zwift Group Ride	

Block 2
Feb-March '24
Weeks 5-8

	Tuesday			Thursday		
Week of	Time	Workout	Route	Time	Workout	Route
Feb 19	17:30	4x8		17:30	2x20 Variable Tempo	
Feb 26	17:30	4x8		17:30	4x15 Tempo	
March 4	17:30	4x8		17:30	4x15 Tempo, hard start	
March 11	17:30	Group Ride		17:30	Ramp Test	

Block
March '24
Weeks 9-10

	Tuesday			Thursday		
Week of	Time	Workout	Route	Time	Workout	Route
March 18	17:30	3x16		17:30	Zone 5 / VO2	
March 25	17:30	3x16		17:30	Zone 5 / VO2	
April 1	BUILD Cycling Academy regular season starts					