

VeloForge Eastern-Block Starter Plan (7-Day Micro-Cycle)

Core Framework

- 3:1 wave periodization (3 build + 1 deload).
- 6-zone FTP model with clear session intent.
- Hard Volume Rule: Z3+ \leq 3h/week and \leq 20% total volume.
- Daily session auto-adjust from readiness, sleep, HRV.

Onboarding Week

Day 1: Z2 endurance 75 min + cadence drills

Day 2: Z4 threshold 4x8 min

Day 3: Z1 recovery spin + mobility

Day 4: Z3 tempo 3x15 min

Day 5: Off-bike strength + sleep extension

Day 6: Long Z2 ride 2.5-3.0h

Day 7: Easy spin + next week readiness check

Fueling Baseline

- Endurance: 40-60 g carbs/hour
- Hard sessions: 60-90 g carbs/hour
- Post-ride: protein + carbs within 60 minutes

Educational use only. Adapt with medical guidance when needed.

(c) VeloForge