



BIKE · INTERMEDIATE

Intermediate **FTP** **builder**



10-Week FTP Builder Cycling Plan

Raise your functional threshold power with structured intervals.

EVENT

FTP builder

LEVEL

Intermediate

LENGTH

10 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Ride	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	64 min
54 min continuous · 5 min warm-up · 5 min cool-down		

Week 3**BASE**

Mon	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		

Week 4**BUILD**

Mon	Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 5**BUILD**

Mon	Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	81 min
71 min continuous · 5 min warm-up · 5 min cool-down		

Week 6**BUILD**

Mon	Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	86 min
76 min continuous · 5 min warm-up · 5 min cool-down		

Week 7**BUILD**

Mon	Threshold Intervals	56 min
2 × (15 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	86 min
76 min continuous · 5 min warm-up · 5 min cool-down		

Week 8**BUILD**

Mon	Threshold Intervals	56 min
2 × (15 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	36 min
26 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	36 min
26 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

PEAK

Mon	VO2max Intervals	50 min
5 x (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	86 min
76 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Mon	Easy Ride	45 min
45 min continuous		
Wed	Easy Ride	45 min
45 min continuous		
Fri	Easy Ride	45 min
45 min continuous		
Sun	Race Day: Bike RACE	75 min
75 min continuous		