

Peloton Power Zone Training Plan 2026

2026 Primary Power Zone Goal: _____

Supporting Milestones:

1. _____
2. _____
3. _____
4. _____

Weekly Power Zone Worksheet

	Priority 1	Priority 2	Notes
Monday:	_____	_____	_____
Tuesday:	_____	_____	_____
Wednesday:	_____	_____	_____
Thursday:	_____	_____	_____
Friday:	_____	_____	_____
Saturday:	_____	_____	_____
Sunday:	_____	_____	_____

FTP & Testing Plan

Next FTP Date	Previous FTP Score	Target FTP Score	Training Zones to Prioritize
_____	_____	_____	_____

PZ Focus Areas

Zone 2 Endurance	Zone 3 Tempo	Zone 4 Threshold	Zone 5 VO2Max	Cadence/Power Skills
_____	_____	_____	_____	_____

Strength and Cross Training Plan

Upper Body	Lower Body	Core	Mobility	Stretching
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Recovery and Rest: Active Recovery Days: _____ Total Rest Days: _____

Helpful ChatGPT prompts (optional)

Understanding Current Training Habits:

Creating a Weekly Schedule:

Power Zone Cross Training

Adapting Your Plan Over Time/Seasonally:

Using ChatGPT as an Accountability Partner:

"Suggest class types based on last week's performance."

"Build my weekly Power Zone training plan using the schedule I've provided."

"Create a balanced plan combining strength, PZ, and yoga."

"Create a 12-week training cycle leading into spring."

"Summarize my week every Sunday and suggest improvements." "Send me a midweek accountability check to keep me on track."

