

Bike Sets Week Commencing 20-10-2014

Bike: Preparation Turbo set 1

Duration (P):1hr

Workout Description:

The purpose of this session is to substitute a ride on the road due to poor weather or is a turbo that can be used in the base phase. It is an opportunity to work on technique as well. For the duration of the session, ensure that you remain below your lactate threshold.

See threshold levels below:

Level 1 (L1) – Active Recuperation, 0–55% FTP, 0–68% LTHR, 0–2 RPE;

Level 2 (L2) – Endurance, 56–75% FTP, 69–83% LTHR, 2–3 RPE;

Level 3 (L3) – Tempo, 76–90% FTP, 84–94% LTHR, 3–4 RPE;

Level 4 (L4) – Lactate Threshold, 90–105% FTP, 95–105% LTHR, 4–5 RPE;

Level 5 (L5) – Maximal Aerobic Power, 106–120% FTP, 106%< LTHR, 6–7 RPE;

Level 6 (L6) – Anaerobic Capacity, 121%< FTP, 106%< LTHR, 7–10 RPE;

Level 7 (L7) – Neuromuscular Power, Max Effort;

Warm Up

5mins @ 55 - 74% of FTP - Endurance (L2)

Main set

2 x 15mins @ 87 - 92% of FTP - Upper Tempo

(L4) with 5mins at active recuperation between each

10mins 63 - 74% - upper Endurance (L3)

Cool down

5mins spinning

Bike: Advanced Bike skills and endurance 1

Workout Description:

The purpose of this session is to use a closed road environment to practice riding confidently at speed and being comfortable and safe riding in a group, whilst working on riding endurance. Make sure you wear the correct clothing!

Warm up

20mins gentle riding

Technique

20mins cornering and hill climbing

20mins riding in groups two a breast

20mins rotating Chain Gang (groups x 2)

Endurance ride

30 mins Group riding see how many laps you can do? Try to stay in Groups and draft faster riders, to get in the mileage.

Cool down

5mins Easy

MedwayTri Session Plans



Bike: Base Club Ride

Duration (P):3hrs

Workout Description:

Club Ride. Stick with pack. If you feel strong, go at the front, if not, stay settled in the back and find your legs. Record what you do but make sure it's not too fast, distance is the key!