

Bike Sessions W/C 10-11-2014

Bike

Workout Description:

AEROBIC TURBO S1

Planned Duration: 1:00

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.

Warm up:

5 Minutes easy spinning, 10 minutes, 30 seconds high cadence, 30 seconds recovery.

Main Set:

5 min at about 5bpm/10Watts below your Lactate Threshold Level

1 min recovery

4x2.5mins single leg. (each leg 2 times)

Increase the resistance both times.

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1 min recovery

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5 mins at about 5bpm/10Watts below threshold level

1 min Recovery

4x2.5mins single leg. (each leg 2 times)

Increase the resistance both times.

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2 minutes recovery

10 mins cool down.

Stretching, compression and ice

MedwayTri Session Plans



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

Bike : 3hr group Ride

Duration (P):3:00:00 Workout Description:

Group ride at Tempo pace, ride with the group when you need to relax, if you are feeling strong then go up the front.