

Bike Sessions W/C 17-11-2014

Tuesday Turbo INTERVALS MM3

Duration (P):1:00:00

Workout Description:

The purpose of this session is to develop race pace specificity in preparation for your race. Hold your pace or effort going up and down hills. Aim to hold a cadence of at or above 100rpm throughout the session.

Warm Up: (think of 1 lowest effort and 7 as highest)

5 minutes of easy riding (L1-L2).

2 min as 10 seconds standing, 10 seconds seated at your own pace

2 min at L3

2 min at L4

2 min at L5

2 min at L2

Main Set:

3 x 8 mins at prescribed effort with a 2 minute recovery (L1) between each effort.

#1 Below race effort

#2 At race effort,

#3 Above race effort

(Use the race efforts above.)

Cool Down: 10 minutes at L1

Static Stretching

MedwayTri Session Plans



Thursday 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

Sunday 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.