

MedwayTri Session Plans



Bike Sessions W/C 24-11-2014

Tuesday Turbo INTERVAL ML4

Duration (P):1:00:00

Workout Description:

The purpose of this session is to develop muscular power and the ability to tolerate lactate over time.

Warm Up: (level 1 lowest - Level 7 max effort)

5 Mins easy spinning at L1-2

5 minutes as 20 seconds out the saddle, 40 seconds seated

2 minutes at L2

2 minutes at L3

2 Minutes at L4

2 minutes at L5

2 Minutes at L1

Main Set:

Cadence should be at or above 100rpm.

10 min at L2,

8 min at L3

6 min at L4

4 min at L5

2 min at L6

Cool Down:

10 min easy spinning at Level 1.

A 5 minute run unless anything else is specified. Then stretching, compression and ice treatment as well.

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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.