


















Ratae Road Club

Winter Time Trial Training Program

30th October – 20th November 2022

| November 2022 | | Today | < | > | | | | | | |
|--|---|-------|---|---|-----|--|--|--|--|--|
| MON | TUE | WED | THU | FRI | SAT | SUN | | | | |
| 31 | 1 Nov | 2 | 3 | 4 | 5 | 6 | | | | |
| <p>Week 1</p> <p>Bike 0:45:00 37 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights.</p> <p>Try to do bare footed to engage your feet. P: 0.74 IF</p>  | | <p>Bike 0:45:00 37 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Aerobic Max Efforts 1:00:00 58 TSS Working at the highest aerobic zone (VO2 Max).</p> <p>Warm Up 15 mins: 5 mins easy 9 mins build ... P: 0.78 IF</p>  | | <p>Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride</p> <p>Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF</p>  | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | | | |
| <p>Week 2</p> <p>Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights.</p> <p>Try to do bare footed to engage your feet. P: 0.74 IF</p>  | | <p>Bike 0:45:00 37 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Tempo Efforts 1:00:00 57 TSS Working just below your threshold.</p> <p>Warm Up 15 mins: 5 mins easy 9 mins build 4 x 30 secs ... P: 0.78 IF</p>  | | <p>Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride</p> <p>Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF</p>  | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | |
| <p>Week 3</p> <p>Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights.</p> <p>Try to do bare footed to engage your feet. P: 0.74 IF</p>  | | <p>Bike 0:45:00 37 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up... P: 0.70 IF</p>  | <p>Threshold Efforts 1:00:00 81 TSS Working at an intensity that can be sustained for around an hour.</p> <p>Warm Up 15 mins: 5 mins e... P: 0.78 IF</p>  | | <p>Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride</p> <p>Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF</p>  | | | | |

Bike


 **0:45:00** -- km **37 TSS**

 Upload

 Analyze



| | Planned | Completed | |
|------------------|---------|-----------|-------|
| <u>Duration</u> | 0:45:00 | | h:m:s |
| <u>Distance</u> | | | km |
| Average Speed | | | kph |
| Elevation Gain | | | m |
| <u>TSS</u> | 37 | | TSS |
| IF | 0.70 | | IF |
| Normalized Power | | | W |
| | Min | Avg | Max |
| Cadence | | | rpm |
| Heart Rate | | | bpm |
| Power | | | W |

Description 

Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.

On the warm up try and build your cadence so that you are spinning faster than you will for the rest of the ride.

Enjoy the ride.


On the cool down, soft pedal for the last 5 minutes.

Pre-activity comments

Automatically calculate planned values

TUESDAY 1 November, 2022 12:00 am Fitness 17 Fatigue 12 Form 9

Home Strength


0:44:00
-- km
40 TSS

| | Planned | Completed | |
|-----------------|---------|-----------|-------|
| <u>Duration</u> | 0:44:00 | | h:m:s |
| Calories | | | kcal |
| <u>TSS</u> | 40 | | TSS |
| IF | 0.74 | | IF |

| | Min | Avg | Max | |
|------------|-----|-----|-----|-----|
| Heart Rate | | | | bpm |

Equipment

Shoes v

Description

All of these should be manageable, all without weights.

Try to do bare footed to engage your feet.

Pre-activity comments

Post-activity comments

Enter a new comment

Warm up

10 min on the turbo

Ex 1: Air Squats 3 x 8-10 Reps [Air Squats](#)

Ex 2: Lunge with a Twist 3 x 8-10 Reps leading with opposite legs each time [Lunge with Twist](#)

Ex 3: Bulgarian Lunge 3 x 8-10 Reps [Bulgarian Lunge](#)

Ex 4: Glute Bridges 3 x 10 Reps each side [Glute Bridges](#)

Ex 5: Arabesque 3 x 8-10 reps [Arabesque](#)


Ex 6: Calf Raises 3 x 8-10 reps each leg

Cool Down

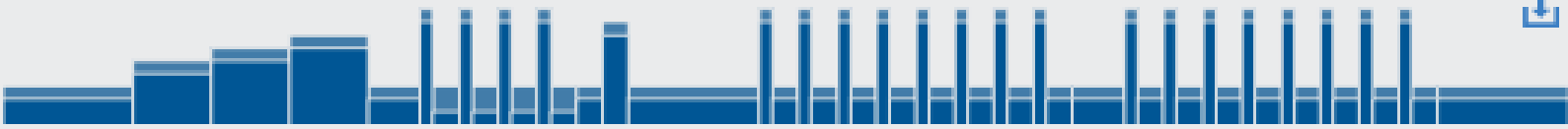
10 min Stretch or Rollers

FRIDAY 4 November, 2022 Enter Time Fitness 18 Fatigue 20 Form 3

Aerobic Max Efforts

 **1:00:00** -- km **58 TSS**

[Upload](#)
[Analyze](#)



| | Planned | Completed | |
|--------------------------|---------|-----------|-------|
| Duration | 1:00:00 | | h:m:s |
| Distance | | | km |
| Average Speed | | | kph |
| Elevation Gain | | | m |
| TSS | 58 | | TSS |
| IF | 0.76 | | IF |
| Normalized Power | | | W |
| | Min | Avg | Max |
| Cadence | | | rpm |
| Heart Rate | | | bpm |
| Power | | | W |

Description

Working at the highest aerobic zone (VO2 Max).

Warm Up 15 mins:

5 mins easy
9 mins build
4 x 30 secs hard, 60 secs easy
1 min easy, 1 min hard, 5 mins easy

Main Set:

2 x 8 x 30/60 Secs at RPE 8-9.
With 3 mins recovery at RPE 2-3

Pre-activity comments

Automatically calculate planned values

Delete Cancel Save Save & Close

On the warm up the first 5 minutes is soft peddling RPE 3 then the build up is:

- 3 mins at RPE 4-5
- 3 mins at RPE 5-6
- 3 mins at RPE 6-7

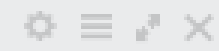
4 x 30 secs hard at RPE 8 with 60 secs recovery

- 1 min easy RPE 3
- 1 min hard RPE 7
- 5 mins easy RPE 3



FRIDAY 11 November, 2022 Enter Time

Fitness 23 Fatigue 38 Form -12



Tempo Efforts



1:00:00

-- km

57 TSS

Upload

Analyze



Planned Completed

Duration

1:00:00

h:m:s

Distance

km

Average Speed

kph

Elevation Gain

m

TSS

57

TSS

IF

0.78

IF

Normalized Power

W

Min Avg Max

Cadence

rpm

Heart Rate

bpm

Power

W

Description

Working just below your threshold.

Warm Up 15 mins:

5 mins easy

9 mins build

4 x 30 secs hard, 60 secs easy

1 min easy, 1 min hard, 5 mins easy

Main Set:

4 x 5 mins Tempo at RPE 5-6.

With 90 seconds recovery at RPE 2-3 (Soft Pedaling)

Pre-activity comments

Automatically calculate planned values

Delete

Cancel

Save

Save & Close

On the warm up the first 5 minutes is soft peddling RPE 3 then the build up is:

- 3 mins at RPE 4-5
- 3 mins at RPE 5-6
- 3 mins at RPE 6-7

4 x 30 secs hard at RPE 8 with 60 secs recovery

- 1 min easy RPE 3
- 1 min hard RPE 7
- 5 mins easy RPE 3



FRIDAY 18 November, 2022 Enter Time

Fitness 27 Fatigue 44 Form -15

Race Pace Efforts



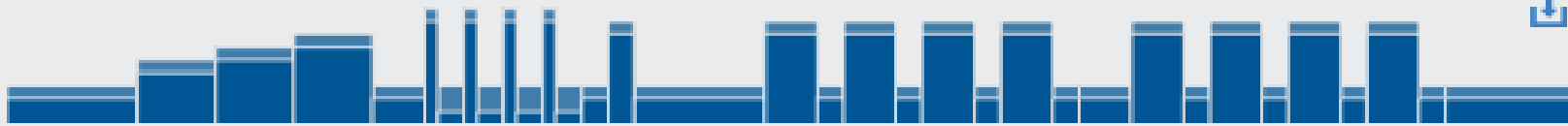
1:00:00

-- km

61 TSS

Upload

Analyze



Planned Completed

Duration

1:00:00

h:m:s

Distance

km

Average Speed

kph

Elevation Gain

m

TSS

61

TSS

IF

0.78

IF

Normalized Power

W

Min Avg Max

Cadence

rpm

Heart Rate

bpm

Power

W

Description

Working at your 10 mile TT Pace.

Warm Up 15 mins:

5 mins easy

9 mins build

4 x 30 secs hard, 60 secs easy

1 min easy, 1 min hard, 5 mins easy

Main Set:

2 x 4 x 2 mins at RPE 7-8. (10 mile pace)

With 3 mins recovery at RPE 2-3

Pre-activity comments

Automatically calculate planned values

Delete

Cancel

Save

Save & Close

On the warm up the first 5 minutes is soft peddling RPE 3 then the build up is:

- 3 mins at RPE 4-5
- 3 mins at RPE 5-6
- 3 mins at RPE 6-7

4 x 30 secs hard at RPE 8 with 60 secs recovery

- 1 min easy RPE 3
- 1 min hard RPE 7
- 5 mins easy RPE 3

Notes

- All of these sessions are based on improving your 10 mile TT
- All sessions are set in RPE (Read the guide below)
- Yes you can train to HR or Power, just understand what each of these metrics are in terms of the intensity
- If you have Training Peaks and wish to have the sessions dropped to you DM me
- All sessions can be done on a static trainer/roller or outdoors
- The interval session will be replicated on the club track nights on the 4th & 18th November and the 2nd December 2022
- Strength training is important, watch the videos for information on how to do the exercise
- Thinking of the principles of endurance training, this program will start easy and progressively become harder
- It is designed to improve your average club rider
- If you have any questions, please message me in Watts App or on the FB Page.

Rob Mathews Club Coach

**Rates Of Perceived Exertion (RPE)**

| RPE Score | % Of VO2 Max HR Zone | Bike | Energy System Fuel (Substrate) |
|-----------|---|---|--|
| 10 | Neuro Muscular Z7 | Short 5-10 seconds of maximum efforts when fresh, final bike sprint for the line (An all-in effort) | Creatine Phosphate |
| 9 | Anaerobic Power Z6 | Really hard sprint lasting up to 60 seconds | 100% Glycogen huge build-up of Lactate and Hydrogen Ions |
| 8 | VO2 Max 97 - 100% Effort Max HR Aerobic & Anaerobic Z5 | Riding hard on an uphill climb or short 1- 5 min sustained efforts | Mostly Glycogen Less Oxygen to muscles, Producing lots more Lactate and Hydrogen Ions than can be removed |
| 7/8 | Over Threshold Bottom end of VO2 92 - 97% Effort Z4/5 | 20 min FTP at the top end and a 10-mile TT effort at the bottom end | Glycogen Oxygen Gone past the tipping point of producing more Lactate than can be removed Increase Hydrogen Ions |
| 6/7 | Threshold 88 - 92% Effort What you can maintain for an hour (ish) Z4 | 25-mile TT working hard and staying in the zone. | (LT 2) Glycogen & Oxygen minimal use of Fat Continued increase of Lactate |
| 5/6 | Tempo/ Sweet spot 79 - 87% Effort Z3 | 2- 3 Hour bike slightly hard | Oxygen & Glycogen Increased Lactate |
| 4/5 | Aerobic 70 - 78% Effort Z2 | Long bike, Club long ride pace fast group at the top end and slower group at the bottom end | (LT1) Oxygen Fat Glycogen A very slow build of Lactate |
| 3 | Recovery 60 - 70% Effort Z1 | This is where you recover on the bike. You should be comfortable reading a book on the turbo | Oxygen Fat Small Glycogen |
| 2 | Recovery 50 - 60% Effort Z1 | Very gentle bike | Oxygen Fat |
| 1 | Recovery Z0 | Only if injured, just turn your legs | Oxygen Fat |

Note:

This is a rough guide and should be seen as such, there are no clear lines between zones and RPE is a very individual perception of effort.

This can be used in conjunction with Power and Heart Rate.