



*Ratae Road Club*

# Winter Time Trial Training Program

Weeks 7-9 (Slowly Building)



# 12<sup>th</sup> December 2022 – 1<sup>st</sup> January 2023

Athlete Library

Workout Library

Training Plans

MON	TUE	WED	THU	FRI	SAT	SUN
<p>12</p> <p>☁️ -2°/1° Scattered clouds, 9 kph</p> <p><b>Week 3</b></p> <p><b>Bike</b> 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>13</p> <p>☁️ -3°/1° Scattered clouds, 8 kph</p> <p><b>Home Strength</b> 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>14</p> <p>☀️ -3°/0° Sky is clear, 8 kph</p> <p><b>Bike</b> 0:44:00 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>15</p> <p>☁️ -3°/1° Broken clouds, 12 kph</p> <p><b>Bike</b> 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>16</p> <p><b>Race Pace Efforts (Turbo)</b> 1:08:00 69 TSS Working at your 10 mile TT Pace.</p> <p>Warm Up 15 mins: 5 mins easy 9 mins build 4 x 30 secs ha... P: 0.78 IF</p>	17	<p>18</p> <p><b>Club Ride / Or Long Bike</b> 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>
<p>19</p> <p><b>Bike</b> 0:55:00 45 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>20</p> <p><b>Home Strength</b> 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>21</p> <p><b>Bike</b> 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>22</p> <p><b>Bike</b> 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>23</p> <p><b>Tempo Efforts (Turbo)</b> 1:07:00 66 TSS Working just below your threshold.</p> <p>Warm Up 15 mins: 5 mins easy 9 mins build 4 x 30 secs ... P: 0.77 IF</p>	24	<p>25</p> <p><b>Club Ride / Or Long Bike</b> 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>
<p>26</p> <p><b>Bike</b> 0:55:00 45 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>27</p> <p><b>Home Strength</b> 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>28</p> <p><b>Bike</b> 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>29</p> <p><b>Bike</b> 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>30</p> <p><b>Aerobic Max Efforts (Track or Turbo)</b> 1:06:00 62 TSS Working at the highest aerobic zone (VO2 Max).</p> <p>Warm Up 15 mins: 5 mins easy 9 mins build ... P: 0.75 IF</p>	31	<p>1 Jan 2023</p> <p><b>Club Ride / Or Long Bike</b> 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

Download





	Planned	Completed		Description
<u>Duration</u>	0:45:00		h:m:s	<p>Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo.</p> <p>On the warm up try and build your cadence so that you are spinning faster than you will for the rest of the ride.</p> <p>Enjoy the ride.</p> <p>On the cool down, soft pedal for the last 5 minutes.</p> <p>Pre-activity comments</p>
<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	

This is an easy low intensity bike, which allows you to build the volume without causing damage

Home Strength

 **0:44:00** -- km **40 TSS**

 Upload

 Analyze



	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
<b>Equipment</b>			
Shoes	Select Shoe		

**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](#)

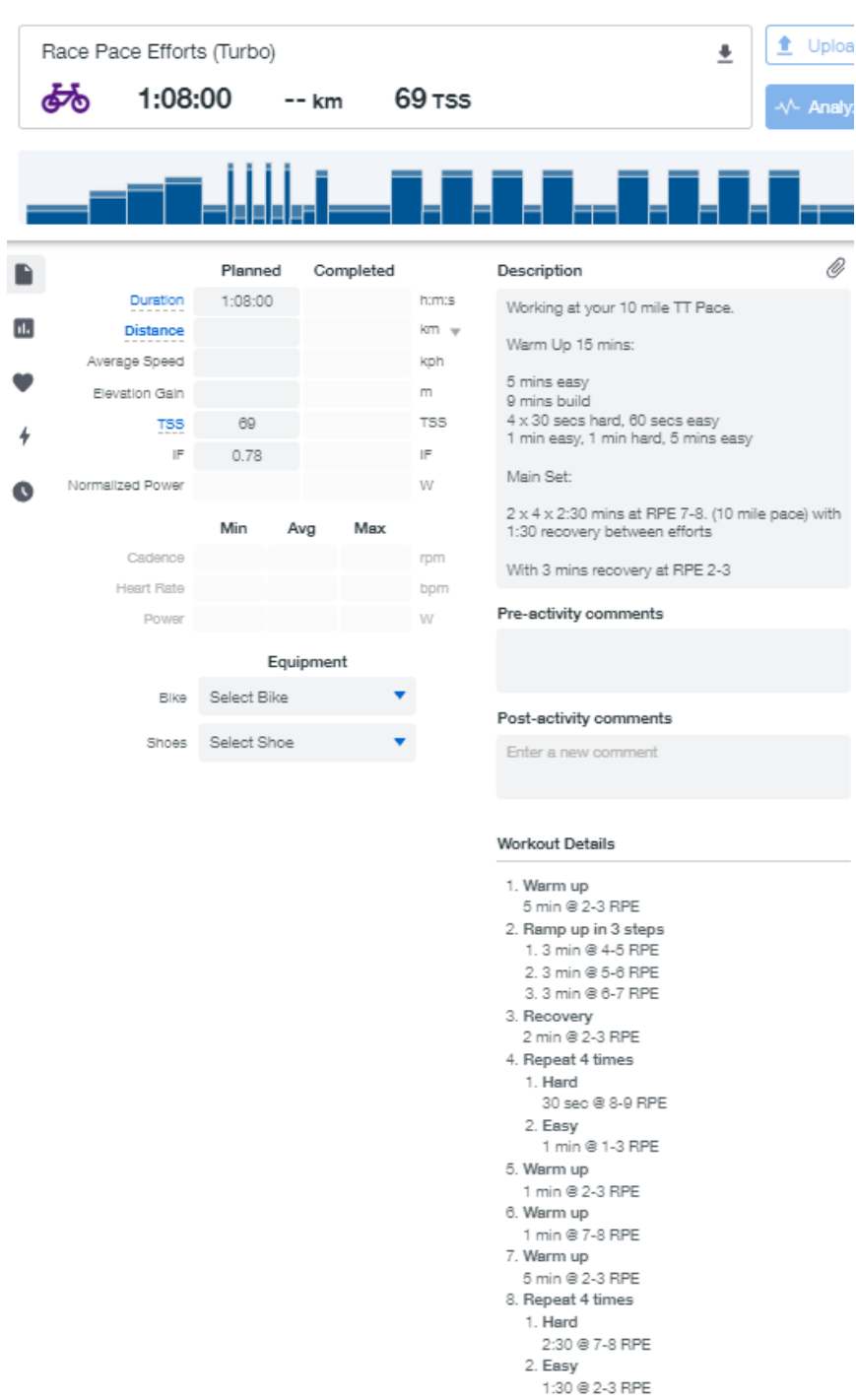
Ex 5: Arabesque 3 x 8-10 reps [Arabesque](#)

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

**Cool Down**

10 min Stretch or Rollers

## At 10 Mile TT Pace Training



**Warm Up:** 5 minutes soft peddling RPE 3 then the build as:

3 mins at RPE 4-5  
 3 mins at RPE 5-6  
 3 mins at RPE 6-7  
 1 min recovery RPE 2-3

4 x 30 secs hard at RPE 8 with 1 min recovery RPE 2-3

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

### Main Set:

2 x 4 x 2:30 minutes at a Race Paced Effort RPE 7-8, with 1:30 mins recovery between each effort RPE 2-3.

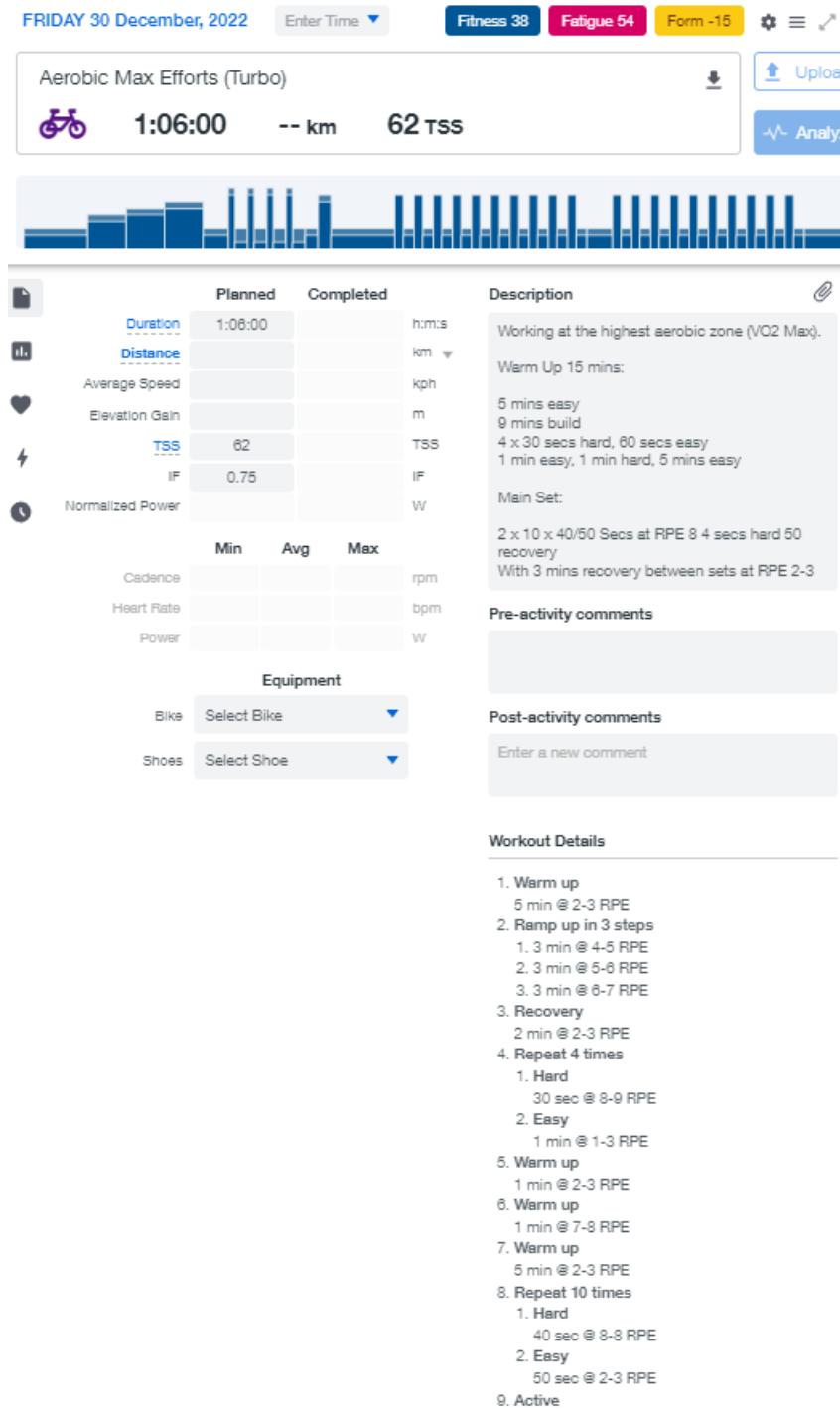
You should be able to hold this race paced effort for the time it takes you to do your 10 mile TT.

By working at this effort, it works above your 2<sup>nd</sup> thresholds and will help to build strength and endurance to be able to manage the effort.

### Cool Down:

5 mins recovery RPE2-3

## Above 10 Mile TT Pace Training



**Warm Up:** 5 minutes soft peddling RPE 3 then the build as:

- 3 mins at RPE 4-5
- 3 mins at RPE 5-6
- 3 mins at RPE 6-7
- 1 min recovery RPE 2-3

4 x 30 secs hard at RPE 8 with 1 min recovery RPE 2-3

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

### Main Set:

2 x Sets of 8 x 40/50 – 40 secs at RPE 8 with 50 secs recovery at RPE 2-3.


You should be able to hold an Max Aerobic/VO2 Max effort for about 3-5 mins, These are harder than your 10 mile TT efforts and work at the very top of your aerobic capacity.


By working at Max Aerobic, it forces the body to adapt to try to increase its ability to utilize oxygen to fuel the muscles.













# Below 10 Mile TT Pace Training

FRIDAY 23 December, 2022 Enter Time Fitness 34 Fatigue 53 Form -18 Settings Menu Share

Tempo Efforts (Turbo) Download Upload Analyze

 **1:07:00** -- km **66 TSS**



	Planned	Completed		Description
 <b>Duration</b>	1:07:00		h:m:s	Working just below your threshold.
 <b>Distance</b>			km	Warm Up 15 mins:
 Average Speed			kph	5 mins easy
 Elevation Gain			m	9 mins build
 <b>TSS</b>	66		TSS	4 x 30 secs hard, 60 secs easy
 IF	0.77		IF	1 min easy, 1 min hard, 5 mins easy
 Normalized Power			W	Main Set:
				3 x 9 mins Tempo at RPE 5-6.
				With 2 mins recovery at RPE 2-3 (Soft Pedaling)
	<b>Min</b>	<b>Avg</b>	<b>Max</b>	
 Cadence				<b>Pre-activity comments</b>
 Heart Rate				
 Power				<b>Post-activity comments</b>
				<input type="text" value="Enter a new comment"/>
	<b>Equipment</b>			
 Bike	Select Bike			
 Shoes	Select Shoe			

**Workout Details**

- Warm up
  - 5 min @ 2-3 RPE
- Ramp up in 3 steps
  - 3 min @ 4-5 RPE
  - 3 min @ 5-6 RPE
  - 3 min @ 6-7 RPE
- Recovery
  - 2 min @ 2-3 RPE
- Repeat 4 times
  - Hard
    - 30 sec @ 8-9 RPE
  - Easy
    - 1 min @ 1-3 RPE
- Warm up
  - 1 min @ 2-3 RPE
- Warm up
  - 1 min @ 7-8 RPE
- Warm up
  - 5 min @ 2-3 RPE
- Repeat 3 times
  - Hard
    - 9 min @ 5-6 RPE
  - Easy
    - 2 min @ 2-3 RPE
- Cool Down

**Warm Up:** 5 minutes soft peddling RPE 3 then the build as:

3 mins at RPE 4-5  
 3 mins at RPE 5-6  
 3 mins at RPE 6-7  
 1 min recovery RPE 2-3

4 x 30 secs hard at RPE 8 with 1 min recovery RPE 2-3

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

**Main Set:**

3 x 9 minutes at a Tempo Effort RPE 5-6, with 2 mins recovery RPE 2-3.

You should be able to hold a tempo effort for about 2 hours, Tempo is best described as comfortably uncomfortable.

By working at Tempo, it works in the area between your 1<sup>st</sup> and 2<sup>nd</sup> threshold and will help to build strength and endurance.



# Notes

- All of these sessions are based on improving your 10 mile TT
- All sessions are set in RPE (Read the guide below) RPE is really important.
- 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 in January 2023 dates TBC
- 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.