



Ratae Road Club

Winter Time Trial Training Program

Weeks 3-6



21st November – 11 December 2022

MON	TUE	WED	THU	FRI	SAT	SUN
21 2/8° Moderate rain Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	22 3/8° Broken clouds Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights. Try to do bare footed to engage your feet. P: 0.74 IF 	23 3/8° Light rain Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	24	25 Tempo Efforts (Turbo) 1:06:00 63 TSS Working just below your threshold. Warm Up 15 mins: 5 mins easy 9 mins build 4 x 30 secs ... P: 0.76 IF 	26	27 Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF
28 Bike 0:55:00 45 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	29 Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights. Try to do bare footed to engage your feet. P: 0.74 IF 	30 Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	1 Dec	2 Aerobic Max Efforts (Track or Turbo) 1:00:00 56 TSS Working at the highest aerobic zone (VO2 Max). Warm Up 15 mins: 5 mins easy 9 mins build ... P: 0.75 IF 	3	4 Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF
5 Bike 0:55:00 45 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	6 Home Strength 0:44:00 40 TSS All of these should be manageable, all without weights. Try to do bare footed to engage your feet. P: 0.74 IF 	7 Bike 0:50:00 41 TSS Steady low intensity bike, that should feel comfortable RPE 3-4 do it on Turbo. On the warm up... P: 0.70 IF 	8	9 Tempo Efforts (Turbo) 1:04:00 62 TSS Working just below your threshold. Warm Up 15 mins: 5 mins easy 9 mins build 4 x 30 secs ... P: 0.76 IF 	10	11 Club Ride / Or Long Bike 3:30:00 174 TSS Sunday or Wednesday Club Ride Steady low intensity bike, that should feel comfortable RPE 3-4.... P: 0.71 IF

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

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
Equipment			
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](#)

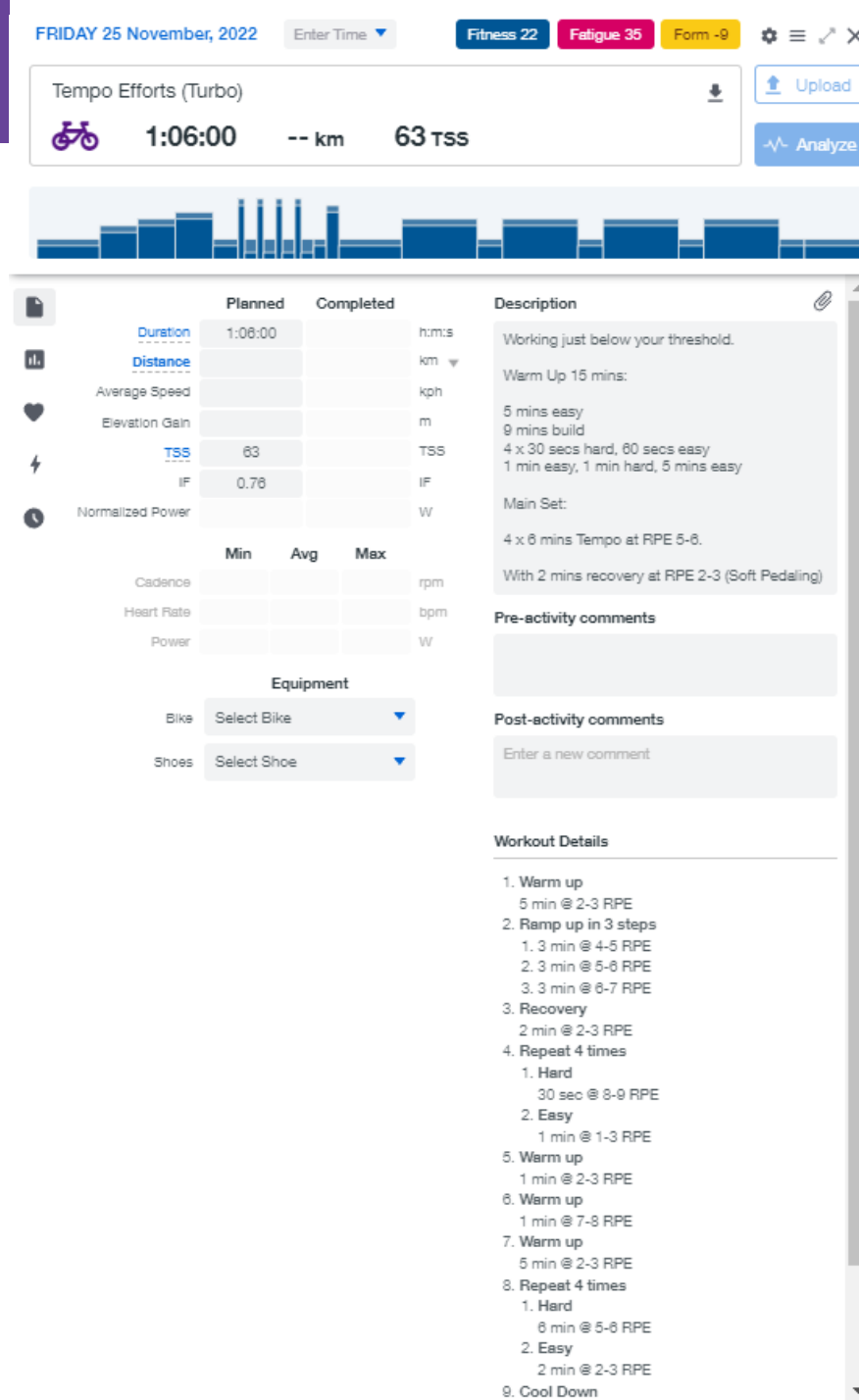
Ex 5: Arabesque 3 x 8-10 reps [Arabesque](#)

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

Cool Down

10 min Stretch or Rollers

Below 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:

4 x 6 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 1st and 2nd threshold and will help to build strength and endurance.

Aerobic Max Efforts (Track or Turbo) Download Upload

 1:00:00 -- km 56 TSS Analyze



	Planned	Completed	Description
Duration	1:00:00		h:m:s
Distance			km
Average Speed			kph
Elevation Gain			m
TSS	56		TSS
IF	0.75		IF
Normalized Power			W

	Min	Avg	Max
Cadence			rpm
Heart Rate			bpm
Power			W

Equipment

Bike: Select Bike

Shoes: Select Shoe

Description

Working at the highest aerobic zone (VO2 Max).

Warm Up 15 mins:

- 5 mins easy
- 9 mins build
- 4 x 30 secs hard, 80 secs easy
- 1 min easy, 1 min hard, 5 mins easy

Main Set:

- 2 x 8 x 40/50 Secs at RPE 8
- With 3 mins recovery at RPE 2-3

Pre-activity comments

Post-activity comments

Enter a new comment

Workout Details

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

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.

Tempo Efforts (Turbo)

 **1:04:00** -- km **62 TSS**



	Planned	Completed	
Duration	1:04:00		h:m:s
Distance			km
Average Speed			kph
Elevation Gain			m
TSS	62		TSS
IF	0.76		IF
Normalized Power			W

	Min	Avg	Max	
Cadence				rpm
Heart Rate				bpm
Power				W

Equipment

Bike:

Shoes:

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:

3 x 8 mins Tempo at RPE 5-6.
With 2 mins recovery at RPE 2-3 (Soft Pedaling)

Pre-activity comments

Post-activity comments

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
 - 8 min @ 5-6 RPE
 - Easy
 - 2 min @ 2-3 RPE
- Cool Down

Below 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:

3 x 8 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 1st and 2nd 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)
- 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.