

Lockdown Bike sessions



Please remember



BEFORE ANY WORKOUT, REMEMBER TO INCLUDE A WARM UP OF 10MINS PROGRESSIVELY INCREASING YOUR HEART RATE, BREATHING RATE AND TEMPERATURE.



AFTERWARDS, INCLUDE A COOL DOWN OF 5 MINS OF EASY WALKING/SPINNING TO DECREASE YOUR HEART RATE AND TEMPERATURE SLOWLY BACK TO REST.

Longer ride ideas

- Ride of 20-30 mins, with 4 x 60s standing up off the saddle mixed throughout.
- 30min ride, every 5 minutes perform a maximal 30-second sprint. Don't let your effort drop after the sprints; get straight back onto race pace.

Longer intervals

- 5 minutes at 60-65% HR max
- 3 minutes at 65-70% HR max
- 2 minutes at 75-82% HR max, 2 minutes rest
- 8 minutes swapping between 1 minute at 82-89% HR max standing and 60-65% HR max seated.
- 2 minutes rest
- 8 x 20 second max efforts with 10 seconds rest

Sprints

- 6 x 30s high speed spins with moderate resistance, 30s rest between. As fast as you can without bouncing in the saddle.
- 6 x 30s single leg drill under higher tension (cadence 70-80rpm) (alternate legs so total of 12). Focus on keeping heels flat, no pointing toes.

Sprint turbo training session

- 15s max sprint
- 2min easy spin
- Repeat 10 times per set with 5min full recovery between sets

Super sprints

- 15s on, 45s easy
- 30s sprint, 30s easy
- 45 sprint, 15s easy
- 60s sprint, 60s easy
- 45s sprint, 15s easy
- 30s sprint, 30s easy
- 15s sprint, 45s easy