



These rides can be done with or without a power meter, but there are some differences in how the workout is described. Here are some things to note:

- Zones – without a power meter, you go by RPE (rate of perceived effort). With a power meter, you tie the percentage of the zone as a direct percentage of your FTP (functional threshold power). For example: Zone 3 is 65-70% effort on a bike and should be 65-70% of your FTP number.
- Gear numbers – 53/19 simply refers to what gear you are in on the bike. The first number is for the front and second number for the rear. The numbers simply are the number of teeth on each cog. (53 in the front is the “big ring”)

TRAINER RIDE – DRILLS –

***This is meant as an indoor trainer ride only.

10 min warm up - any gear - cadence 90+

6 x :30 FAST spin, 1 min recovery

6 min - 53/19 - zone 3

3 x (30 sec left leg, 30 sec right leg, 1 min both legs) - 39/19

4 min recovery

6 x 2 min - 53/16 (or zone 4) rpm 70 - hill climb; RI = 1 min

3 min recovery

6 x 3 min - same gear as above - rpm 70; RI = 1 min

10 minute cool down



TEMPO RIDE

***Gear 53/19

10 min warm up
5 x (:30 @ 120% + 1:30 @ 50%)
6 x (4 min @ 85% + 1 min @ 50%)
10 min cool down
TOTAL: 60 minutes

ENDURANCE RIDE

***Gear 53/19

10 min warm up
3 x (20 min @ 75% + 4 min @ 60%)
8 min cool down
TOTAL: 90 minutes

****Ideally, you want to be riding a minimum of 3x per week. This, of course, depends on your schedule, abilities and your goals as an athlete. The above 3 workouts can all be done in one week. To progress, you can change the intervals/rest ratio (adding intensity) or you can focus more on endurance and simply add time to the workout. If you have questions on how to do this, feel free to contact me!

Thanks!
-Coach MJ