



Indoor Trainer Workout Ideas

1. **Intervals (Tabatas)** – this type of workout brings you up over your threshold for short periods of time. Start with a brief warm up, then try a one minute sprint followed by a one minute rest period. Repeat that 4-6 times. Add in a few minutes' rest and complete that entire series again. Be sure to complete the workout with a good cool down. This is a great way to build up your VO2 max.
2. **Tempo** – the tempo ride doesn't take you quite up to your threshold (i.e., no max effort work), but puts you up in the 75-90% effort range for periods of time. These efforts should be longer than your intervals because they are done at a lower effort. A tempo workout might look like this: Warm up, then five minutes at 80% effort followed by 1-2-minute cool down. This sequence can then be repeated 5-8 times. Always remember to add in a cool down period.
3. **Ladder** – in this type of workout, you'll want to find your aerobic pace. Then you'll hold that effort for a short period of time, then add an easy recovery spin. The second effort will be at the same intensity, but for a longer period of time. This is followed by another easy recovery spin. This keeps increasing up to half way in your workout. Once you reach half way, then repeat the same sequence in reverse (i.e., down the ladder). For example: Warm up, 2 min aerobic, 1 min easy spin, 4 min aerobic, 1 min easy spin, 6 min aerobic, 1 min easy spin, 8 min aerobic, 1 min easy spin for going up the ladder. Then another 8 min aerobic, 1 min easy, 6 min aerobic, 1 min easy, etc. Add the cool down.
4. **Drills** – the indoor trainer is a great time to work on one leg drills. This drill is too dangerous to practice on the open road. First, you will need to put your bike into the small chain ring in the front. Then practice right leg only for 30 seconds, left leg only for 30 seconds, then both legs together for a minute. You can repeat this sequence 4-6 times. Try to keep the cadence up, but more importantly, listen for the "dead spots" in your cycling cadence. This is when you hear a "clunk" at the top of the pedal stroke. The goal is to be able to train each leg to complete revolutions smoothly.
5. **Endurance ride** – This is the long ride that should be done once per week. The time depends on your background, experience, goals and upcoming race season. You can also add 10-15% to the total time each week to increase your endurance. The effort level of this ride should be between 65-75%. The goal is not to ride hard, it is to get you to become efficient for a long, aerobic pace.