

Computrainer Training Sessions

40km Time Trial

WARM UP

10min progressive warm up

- Start off in an easy gear - every 2min increase gear size by one whilst maintaining cadence above 90

1st SET

- 3*1min @estimated TT pace - 1min recovery in between
- After last effort take additional 2 minutes rest - cover wattage display

MAIN SET

- 40k Time Trial

WARM DOWN

10min easy Spin

Approx Time - 1:28

Strength 1

NOTE for SET: Concentrate on maintaining a steady upper body the power should come from your legs.

WARM UP

10min progressive warm up

- Start off in an easy gear - every 2min increase gear size by one whilst maintaining cadence above 90

1st SET

- 3*2min of (4sec hard 4sec easy) 1min recovery between sets

2nd SET

- 1*7min on top of the bar (climbing position), (30sec of big gear between 60-65rpm - 30sec TT gear pace) 2min recovery.
- 1*7min on break hoods (30sec of big gear between 60-65rpm - 30sec TT gear pace), 2min recovery.
- 1*7min on drops or aero bars (30sec of big gear between 60-65rpm - 30sec TT gear pace), 2min recovery.

3rd SET

- 4*6min (30sec Standing in big gear, then 1min easy spin)
- 6*30sec (30sec Standing in big gear, then 30 sec spin cadence above 90)

WARM DOWN

5min easy Spin Approx Time -90 mins

Strength 2

WARM UP

10min progressive warm up

- Start off in an easy gear - every 2min increase gear size by one whilst maintaining cadence above 90

1st SET

Work Intervals on 1 minute (Pyramid type set)

Example: 1(10sec hard then 50 seconds half effort)

- 1(10sec hard), 2(12sec hard), 3(14sec), 4(16sec), 5(18sec)
- 5,4,3,2,1
- Remainder of minute half effort.
- 2min easy

2nd SET

- 25min simulated climbing (Richter is a good course on the computrainer for this)
- Use gears to change cadence
- 3min @90,
- 1min@ 95,
- 5min@60
- 30sec@95,
- 6min@70,
- 30 sec standing,
- 30sec >100,
- 3min @75,
- 30sec>100,
- 1min@ 75,
- 1min@ 70,
- 1min@ 65,
- 30 sec@ 60,
- 30 sec standing build sprint

WARM DOWN

5min easy Approx Time – 90 mins

Strength 3

10min progressive warm up

- Start off in an easy gear - every 2min increase gear size by one whilst maintaining cadence above 90

1st SET

- 3*(2mins 4secs hard 4 easy) 1min easy

2nd SET

- 4*5min in big gear (after 5mins get off the bike do 10 lunges per leg then 2mins easy spin)

3rd SET

- 4*90 sec one legged drills on 2mins - aim to maintain pressure throughout pedal action - pedal at highest cadence possible

4th SET

- 5*1min big gear, 15 sec TT pace on 2min
- 5*30sec standing on 90sec
- 3*30sec standing sprints on 2min

WARM DOWN

5min easy spin

Time Trial 2

NOTE for SET: Use your average speed from 40km TT

WARM UP

10min progressive warm up

- Start off in an easy gear - every 2min increase gear size by one whilst maintaining cadence above 90

1st SET

- 3*(2mins 4secs hard 4 easy)1min easy

2nd SET

- 3*(1min 1kph under TT pace, 1min@TT pace, 1min 1kph over TT pace) -2 min easy spin (i.e. 1min@39, 1min@40, 1min @41)

3rd SET

- 1*15min TT Pace (5min@105RPM, 5min@100rpm, 3min@TT cadence) 2 min easy.
- 1*15min (5min 2kph over TT pace, then 8min TT Pace) 2 min easy
- 1*13min @ TT Pace, 2min easy

4th SET

- 3*30sec sprints on 2 minutes

WARM DOWN

5 min easy