

Training Tip #3 - 8 Weeks To Go

February has been rather tough to pull outdoor sessions together with the snow and ice, don't panic, we still have 2 months to rectify this.

Over the next 4 weeks, you should try to get out for the following road sessions although more likely you will continue with indoor turbo training midweek this month. If time and weather allow an outdoor pedal in the countryside can be nice to clear the head and gain some road miles.

	Distance Ride	Turbo Training
Week 9	Weekend ride: <ul style="list-style-type: none"> 2hr 30min steady on rolly/hilly roads (RPE 4) Tuesday: <ul style="list-style-type: none"> 1hr 15min steady (RPE 4) or 60 min turbo Thursday: <ul style="list-style-type: none"> 1hr 30min steady or 60 min turbo 	Tuesday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 5 min RPE 7. Move position on the handlebars from tops to hoods to drops every minute. 3 min RPE 2 Repeat 5 min effort with 3 min easy for a total of 6 efforts 10 min warm down RPE 5>2 Thursday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3min effort with 3 min easy for a total of 6 efforts 10 min warm down RPE 3>2
Week 10	Easy week! Week-end ride: <ul style="list-style-type: none"> 1 hr 30min steady on flatter roads (RPE 3) Tuesday: <ul style="list-style-type: none"> 45min easy ride or 30min easy turbo Thursday: <ul style="list-style-type: none"> 45min easy ride or 30min easy turbo 	Easy Week! Tuesday: <ul style="list-style-type: none"> 30min easy turbo Thursday: <ul style="list-style-type: none"> 30min easy turbo
Week 11	Week-end ride:	Tuesday: <ul style="list-style-type: none"> 10 min warm up (RPE 2>5)

	<ul style="list-style-type: none"> 2hour 40min steady on rolly/hilly roads (RPE 4) <p>Tuesday:</p> <ul style="list-style-type: none"> 1hr 15min steady (RPE 4) or 60min turbo <p>Thursday:</p> <ul style="list-style-type: none"> 1hr 30min hilly route or 60min turbo 	<ul style="list-style-type: none"> 5 min RPE 7, move position on the handlebars from tops to hoods to drops every minute 3 min (RPE 2) Repeat 5 min effort with 3 min easy for total of 6 efforts 10 min warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3 min effort with 3 min easy for a total of 7 efforts 10 min warm down (RPE 3>2)
Week 12	<p>Week-end ride:</p> <ul style="list-style-type: none"> 2 hrs 50min steady on rolly/hilly roads (RPE 4) <p>Tuesday:</p> <ul style="list-style-type: none"> 1hr 30min steady (RPE 4) or 60 min turbo <p>Thursday:</p> <ul style="list-style-type: none"> 1hr 15min hilly route or 60 min turbo 	<p>Tuesday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 5 min RPE7. Move position on the handlebars from tops to hoods to drops every minute 3 min RPE 2 Repeat 5 min effort with 3 min easy for total of 7 efforts 10 min warm down RPE 5>2 <p>Thursday:</p> <ul style="list-style-type: none"> 10 min warm up (RPE 2>5) 3 min RPE 8 3 min RPE 2 Repeat 3 min effort with 3 min easy for a total of 7 efforts 10 min warm down RPE 3>2