

Your first example workout is a simple muscle tension workout. The stress here is on the musculoskeletal system, so each 9 minute interval is at slower cadence (RPM) with less stress likely on your breathing. You will take rest (2 minutes) between the muscle tension. each 9 min interval is close to achieving the same thing, but we varied it to make it more interesting - important for you as you sit on a trainer. Maintain a focus on form and fluid pedaling. **The only word of caution is for those with knee issues. Muscle tension should be completed with a cadence (RPM) that is comfortable and allows you a fluid pedal stroke. Proceed with caution.**

FOCUS OF THE DAY		Muscle Tension Workout with RPM Shift: 5 x 9 min Z2-Z3 with 2 min rest		
Time	Zone	RPM	Effort (out of 10)	Notes
10	LZ1-HZ1	Warm-up		EASY WARM UP SPINNING
				15' Progressive warm-up
3	Z2	Build to 90 rpm	4-6	Build each 3 min piece from easy spinning around 75 - 80 RPM to fast RPM. Maintain Z2 throughout. NO bouncing on seat (lift feet from pedals, sit heavy in the seat).
3	Z2	Build to 95 rpm		
3	Z2	Build to 100 rpm		
3	Z2	Build to 105 rpm		
3	Z2	Build to 110 rpm		
2	Z1			Active recovery
				5 x 9 minutes of MUSCLE TENSION - RPM Pyramid.
3	Z2	45 - 55 rpm	5-7	9 minute interval: maintain a steady and smooth LOW rpm interval. The lowest rpm (or cadence) should be at a point you can maintain a fluid pedal stroke and constant tension on the chain. Your heart rate and breathing should NOT be overly challenged here.
3	Z3	60-65 rpm		
3	Z3	45 - 55 rpm		
2	LZ2	active rest		
3	Z2	45 - 55 rpm	6 - 7	Replicate the first interval, maintaining focus on constant tension on the chain, relaxed upper body and steady pedaling. Ensure you are engaging your 'retreating' leg to assist with the 'push' of the driving leg that provides much of the power.
3	Z3	60-65 rpm		
3	Z3	45 - 55 rpm		
2	LZ2	active rest		
3	Z2/3	45-55 rpm	6 - 7	We now move to a constant muscle tension load, but with slowly increasing rpm (cadence). You should begin at a smooth and fluid pedal stroke, and increase by 5-10 rpm each 3 min.
3	Z3	55-65 rpm		
3	Z3	65-75 rpm		
2	LZ2	active rest		
3	Z2/3	45-55 rpm	6 - 7	Replicate the previous interval. You will now feel muscle fatigue building, and it is tougher to maintain a fluid pedal stroke. That is the focus! If you cannot maintain form then please drop power/gears so that you can hold a fluid pedal stroke.
3	Z3	55-65 rpm		
3	Z3	65-75 rpm		
2	LZ2	active rest		
3	Z3	Build from 60-90rpm	6 - 7	The final interval is 3 repetitions, each lasting 3 minutes. Within each one, build your rpm from slow to fast, maintain constant tension on the chain. Your form should remain throughout the 9 minutes - with upper body relaxed on all!
3	Z3	Build from 60-90rpm		
3	Z3	Build from 60-90rpm		
2	LZ2	active rest		
8	Z2	Build from 75-105rpm	5 - 8	wake up the legs and turn muscle tension into speed. Keep a LOWER power (or lighter gear) and build your rpm gradually from slow to fast at the finish. Your breathing rate and heart rate will go up, but it should not load the legs too much!
90	Total			

The goal in this session is to maintain consistent pedaling with perfect form. The cadence (RPM) is variable, simulating mixed terrain, but the overall focus is a continuous piece of 60 min pedaling in Zone 2 to Zone 3. It will get tougher to maintain form and pedaling on a trainer than you think!

FOCUS OF THE DAY		Aerobic development and general conditioning. 60 min as: 5 x 12 min continuous pedaling Z2-Z3		
Time	Zone	Drill	Effort (out of 10)	Notes
10	Z1/2	Warm-up		EASY WARM UP SPINNING
15' Progressive warm-up				
5	LZ2	75 - 80 rpm	4 - 6	We will warm up with a progress build of cadence (rpm) and overall effort. Control the effort and stay smooth throughout. Choose a power or gear that increases the effort but allows control throughout.
4	MZ2	80 - 85 rpm		
3	HZ2	85 - 90 rpm		
2	Z3	90 - 95 rpm		
1	Z3	Fast rpm		
2	Z1			Active recovery
60 min CONTINUOUS ride broken as 5x12 min continuous intervals				
3	Z2	80-90 rpm	5-6	The first 12 min interval is simulating a flat road smooth ride with two 3 min climbs in the middle. Stay seated throughout.
3	Z2/3	65-75 rpm		
2	Z2	80-90 rpm		
3	Z3	65-75 rpm		
1	Z1	choice rpm		
3	Z2	80-90 rpm	5-6	We replicate the first 12 min and maintain and smooth and fluid effort throughout. This is not challenging yet, and you should maintain composure and patient. The effort will be in the last two intervals of 12 min.
3	Z2/3	65-75 rpm		
2	Z2	80-90 rpm		
3	Z3	65-75 rpm		
1	Z1	choice rpm		
4	Z2/Z3	80-90 rpm	5 - 7	We move to climbing to keep cardiovascular effort low. Stay patient and work on aerobic endurance in Z2. As RPM drops, there is nothing wrong with mixing some standing climbing in, but maintain form and tension on the chain.
4	Z2/3	65 - 75 rpm		
3	Z3	45 - 60 rpm		
1	LZ2	active rest		
3	Z3	choice rpm	5 - 7	Your 'climbing' is done. we move to steady and fluid flat riding. with the power/gear choice heavier (Z3 efforts), you can maintain a comfortable RPM of your choice. On the Z2/3 (lower power or gear) your RPM should be held higher to maintain cardiovascular stress.
3	Z2/3	90+ rpm		
3	Z3	choice rpm		
2	Z2/3	90+ rpm		
1	LZ2	active rest		
4	Z3	choice rpm	5 - 7	The final 12 minutes evolves to a gentle build of effort (power or gear) with a parallel build of cadence (RPM) throughout the final minutes. This will increase the stress and finish with session quite tough. Make sure you maintain form as the stress increases. You will have mechanical fatigue by now.
4	Z2/3	add 3 to 5 rpm		
2	Z2	add 3 to 5 rpm		
2	Z1/2	Fast RPM		
1	LZ2	active rest		
2	Z1	cool-down		
90	Total			