

Focus	Basic Aeb Interval/ Introduction to Interval Training					
Date		7-May-15	14-May-15	21-May-15	28-May-15	29-May-14
Expert	Warmup	15	Time Trial	15	15	15
	Program	2x 4x(3' @ 80%/ 2' easy) 6' set rest		2x 4x(4' @ 80%/ 2' easy) 6' set rest	6x(6' @ 80%/ 2' easy)	2x3x(8' @ 80%/ 2' easy) 6' set rest
	Warmdown	15		15	15	15
	Total Program Duration	46		54	48	66
	Total Ride Time	76		84	78	96

Intermediate	Warmup	15	Time Trial	15	15	15
	Program	2x 4x(3' @ 75%/ 2' easy) 6' set rest		2x 4x(4' @ 75%/ 2' easy) 6' set rest	6x(6' @ 75%/ 2' easy)	2x 3x(6' @ 80%/ 2' easy) 6' set rest
	Warmdown	15		15	15	15
	Total Program Duration	46		54	48	54
	Total Ride Time	76		84	78	84

Introduction	Warmup	15	Time Trial	15	15	15
	Program	2x 3x(2' @ 75%/ 4' easy) 6' set rest		2x 4x(3' @ 75%/ 3' easy) 6' set rest	2x 3x(4' @ 75%/ 2' easy) 6' set rest	2x 3x(6' @ 75%/ 2' easy) 6' set rest
	Warmdown	15		15	15	15
	Total Program Duration	42		54	42	54
	Total Ride Time	72		84	72	84

Focus	Aeb Interval/ Speed Introduction				
Date		4-Jun-15	11-Jun-15	18-Jun-15	25-Jun-15
Expert	Warmup	15	Time Trial	10' Easy + (4x 8" Sprint/ 90" R)	10' Easy + (4x 8" Sprint/ 90" R)
	Program	2x6x(2' @ 90%/ 2' easy) 8' Set Rest		3x5x(2' @ 90%/ 1' easy) 8' Set Rest	2x5x (3' @ 90% / 90" easy) 10' Set Rest
	Warmdown	15		15	15
	Total Program Duration	56		61	55
	Total Ride Time	86		91	85

Intermediate	Warmup	15	Time Trial	10' Easy + (4x 8" Sprint/ 90" R)	10' Easy + (4x 8" Sprint/ 90" R)
	Program	2x5x(2' @ 85%/ 2' easy) 8' Set Rest		3x4x(2' @ 85%/ 1' easy) 8' Set Rest	2x4x (3' @ 85% / 2' easy) 10' Set Rest
	Warmdown	15		15	15
	Total Program Duration	48		52	50
	Total Ride Time	78		82	80

Introduction	Warmup	15	Time Trial	10' Easy + (4x 8" Sprint/ 90" R)	10' Easy + (4x 8" Sprint/ 90" R)
	Program	2x4x(2' @ 85%/ 2' easy) 8' Set Rest		3x3x(2' @ 85%/ 1' easy) 8' Set Rest	2x3x (3' @ 85% / 3' easy) 10' Set Rest
	Warmdown spin (min)	15		15	15
	Program Duration (min)	40		43	46
	Total Ride Time	70		73	76

Focus	Aeb power / Anaeb Lactic Capacity					
Date		2-Jul-15	9-Jul-15	16-Jul-15	23-Jul-15	30-Jul-15
Expert	Warmup	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)	Time Trial- include 2x 3' @ TT pace with 3' rest during warmup. Go easy the 3 days leading up to this time trial	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)
	Program	3x4 x(3' @ 90% /90 " rest) 6' Set Rest	2x6 x(3' @ 90% / 1' rest) 8' Set Rest		2x5x(60" @ 95%/60" easy) 8' Set Rest 5x(60"/2'Easy)	2x8x(90" @ 95%/60" easy) 8' Set Rest
	Warmdown	15	15		15	15
	Total Program Duration	66	56		43	48
	Total Ride Time	96	86		73	78
Intermediate	Warmup	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)	Time Trial- include 2x 3' @ TT Pace with 3' rest during warmup. Go easy the 3 days leading up to this time trial	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)
	Program	3x4 x(3' @ 85% / 90" R) 6' Set Rest	2x6 x(3' @ 90% / 1' rest) 6' Set Rest		2x5x(60" @ 90%/60" easy) 8' Set Rest 5x(60" @85%/2'Easy)	2x8x(90" @ 90%/60" easy) 8' Set Rest
	Warmdown	15	15		15	15
	Total Program Duration	66	56		43	48
	Total Ride Time	96	86		73	78
Introduction	Warmup	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)	Time Trial- include 2x 3 min @ 80% with 3 min rest during warmup. Go easy the 3 days leading up to this time trial	6' Easy+ (4x 15" Accel/ 2' R)	6' Easy+ (4x 15" Accel/ 2' R)
	Program	2x4x (3' @ 85% / 3' easy) 10' Set Rest	2x4x (4' @ 85% / 2' easy) 8' Set Rest		2x5x(60" @ 85%/60" easy) 8' Set Rest 5x(60" @ 75%/2'Easy)	2x6x(90" @ 90%/90" easy) 8' Set Rest
	Warmdown	15	15		15	15
	Program Duration	58	56		43	44
	Total Ride Time	88	86		73	74

