



## Time Trial Success

Workout: Success Cycling - Time Trial Success

Duration: 60 minutes

Intensity: 9.9

Description: British Cycling warm up then 2 x 20 mins at threshold

Workout Set	Duration	RPE	Zone	RPM	Goal of Workout
Warm Up	5 mins	3 - 4	2	90	This workout is designed to raise your threshold which will improve your time trial performance.
Warm Up	2 mins	5 - 6	3	95	
Warm Up	2 mins	5 - 6	Upper 3	100	
Warm Up	2 mins	7 - 8	4	105	
Warm Up	1.5 mins	8	Upper 4	110	
Warm Up	30 secs	8 - 9	5	120-130	
Recovery	2 mins	3 - 4	2	90	
Max Rev Out	6 secs	10	6	150 +	
Recovery	1 min	3 - 4	2	90	
Max Rev Out	6 secs	10	6	150 +	
Recovery	1 min	3 - 4	2	90	
Max Rev Out	6 secs	10	6	150 +	
Recovery	4 mins	3 - 4	2	90	
Threshold	20 mins	7 - 8	4	70-80 &100	
Recovery	5 mins	< 2	1	90 - 100	
Threshold	20 mins	7 - 8	4	70-80 &100	
Cool Down	5 mins	< 2	1	90 - 100	