

GET FIT, GET FAST!

The Trainer Workouts in this document are really tough. Be certain to get a thorough medical checkup before attempting any portion of this series. Be sure that your physician agrees that this kind of exercise is appropriate for you. This set of workouts addresses the training needs of serious fitness cyclists and racers. They range in effort and intensity from very hard to simply over the top. However, if you are looking to develop early season fitness, power and speed, indoor workouts similar to these are necessary.

There are basically three types of indoor training setups. The most popular is a road or mountain bike on a stationary trainer. The second is using a set of rollers. Lastly, there is a studio or spinner bike. With rollers, you can use a fixed gear bike very effectively as well. Trainers work best with multiple geared bikes. Rollers are superior for developing balance and a really smooth spin. Just don't try standing up. Trainers allow for more and different kinds of workout exercises. Plus, since the bike is supported, it is a lot safer for most folks. Trainers are a lot more portable than rollers in case you want to go to someone's house for a session.

Trainers can really eat up rear tires. Get a cheap tire that can be discarded after a few months of indoor work. Invest in a front wheel holder, it will keep the bike level and stable.

The gearing indications in the workouts were developed while using the old Blackburn magnetic and wind trainers. Fluid trainers will require different gears due to the great increase in their resistance. Wind trainers may require harder gears because many of them do not develop the resistance that a magnetic unit does. It will take some experimentation no matter what setup you have. Do both an anaerobic threshold and VO₂ maximum test to see what your individual levels really are. That way you can start the training series with the correct data.

Use a heartrate monitor to gauge your level in order to determine the right effort.

If you are using a trainer, choose a computer with cadence and a rear wheel pickup. Set the computer to display cadence and elapsed time. That is really all of the data you will need.

Spending very much more than an hour on a stationary trainer is not too productive. The key is to do a compressed workout with all of the right kinds of intervals in an order that will cause gain. The VO₂

INDOOR TRAINER WORKOUTS

interval is the most productive exercise on the trainer for both speed and power that there is. Too many of the studio cycling or spin classes do not address the VO₂ interval correctly. In order to produce a proper VO₂, you need a minimum of three minutes. Four minutes is better, but many people have to work up to it. Four minutes of recovery seems to work best for most riders. Hence the 4x4 pattern, repeated 5 or more times is a nearly ideal workout.

If you choose to compile your own music CDs, look for cuts of 4 minutes in length (times don't have to be exact). Find appropriate music for the type of intervals or recoveries. Music can be extremely beneficial for doing indoor workouts.

Doing workouts of this type with their difficulty and intensity is best done indoors. Remember, these are some of the hardest workouts you may ever do. Many times people get really light-headed from the intense efforts. That could be a serious safety problem if you are on the road with traffic and all of the other potential hazards. Also, people have been known to vomit after very hard efforts. Having a bathroom close to the workout area can be a real plus.

Don't forget to drink at least one large bottle of water during a workout. Consume about half of the bottle before the warmup. Drink the rest during the recovery periods.

It is generally a very good idea to do trainer workouts in groups. Even one other person goes a long way toward cutting through the monotony and pain.

Enjoy the workouts. Remember to put in a recovery day between hard trainer sessions.

Stationary Trainer Workout #1 Base Builder

Total Time: 71:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	6:00
1	Anaerobic Threshold Zone4	85 RPM, 53x17	19:00
2	Stand Up	50-60 RPM, 53x12	1:00
3	Anaerobic Threshold Zone4	85 RPM, 53x17	19:00
4	Stand Up	50-60 RPM, 53x12	1:00
5	Anaerobic Threshold Zone4	85 RPM, 53x17	20:00
6	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #2 CD Leg Speed

Total Time: 51:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm up	75-90 RPM	8:00
1	Climbing - out of the saddle	55 RPM, 53x12	3:00
2	Recovery	90-100 RPM, 39x19	4:00
3	High Cadence	100-120 RPM+, 39x19	4:00
4	Zone 4 Time Trial Pace	85 RPM, 53x19	3:00
5	Zone 4 Time Trial Pace	80 RPM, 53x19	4:00
6	Recovery	85 RPM, 39x19	4:00
7	One Leg Pedaling	60 RPM, 39x17 (1min, each leg)	4:00
8	High Cadence	100-120 RPM+, 39x19	4:00
9	Recovery	85 RPM, 39x19	4:00
10	High Cadence	100-120 RPM+, 39x19	4:00
11	Cool Down	50 RPM	5:00

Stationary Trainer Workout #3 CD VO2 Capacity

Total Time: 51:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM	8:00
1	Resistance Up	90 RPM, + 1 gear every 20 sec.	3:00
2	Power Starts	0-100 RPM, 53x12, 8 reps	4:00
3	Climbing - seated	55 RPM, 53x12	4:00
4	Recovery	100 RPM, 39x19	3:00
5	VO2 Max	90-100 RPM, 53x19	4:00
6	Recovery	80 RPM, 39x19	4:00
7	VO2 Max	90-100 RPM, 53x19	4:00
8	Recovery	100 RPM, 39x19	4:00
9	VO2 Max	90-100 RPM, 53x19	4:00
10	Spin-Up	80 RPM, 39x17, +5RPM / 20 sec	4:00
11	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #4 Power Builder

Total Time: 83:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	Anaerobic Threshold Zone4	90-100 RPM, 53x19	10:00
2	Recovery	80 RPM, 39x19	4:00
3	Anaerobic Threshold Zone4	90-100 RPM, 53x19	10:00
4	Recovery	80 RPM, 39x19	4:00
5	Anaerobic Threshold Zone4	90-100 RPM, 53x19	10:00
6	Recovery	80 RPM, 39x19	4:00
7	Anaerobic Threshold Zone4	90-100 RPM, 53x19	10:00
8	Recovery	80 RPM, 39x19	4:00
9	Anaerobic Threshold Zone4	90-100 RPM, 53x19	10:00
10	Recovery	80 RPM, 39x19	4:00
11	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #5 Strength & Power

Total Time: 53:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	Climbing - seated	55 RPM, 53x12	4:00
2	Climbing - out of saddle	55 RPM, 53x12	4:00
3	Climbing - seated	55 RPM, 53x12	4:00
4	Recovery	80 RPM, 39x19	4:00
5	Climbing - seated	55 RPM, 53x12	4:00
6	Climbing - out of saddle	55 RPM, 53x12	4:00
7	Climbing - seated	55 RPM, 53x12	4:00
8	Recovery	80 RPM, 39x19	4:00
9	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
10	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
11	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #6 VO2 Maximum

Total Time: 51:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	VO2 Max	90-100 RPM, 53x19	4:00
2	Recovery	80 RPM, 39x19	4:00
3	VO2 Max	90-100 RPM, 53x19	4:00
4	Recovery	80 RPM, 39x19	4:00
5	VO2 Max	90-100 RPM, 53x19	4:00
6	Recovery	80 RPM, 39x19	4:00
7	VO2 Max	90-100 RPM, 53x19	4:00
8	Recovery	80 RPM, 39x19	4:00
9	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
10	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
11	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #7 Crit Practice

Total Time: 63:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	VO2 Max	90-100 RPM, 53x19	4:00
2	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
3	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
4	Recovery	80 RPM, 39x19	4:00
5	VO2 Max w/jumps	90-100 RPM, 53x19	5:00
6	Recovery	55 RPM, 53x12	4:00
7	VO2 Max w/jumps	90-100 RPM, 53x19	4:00
8	Recovery	80 RPM, 39x19	5:00
9	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
10	Off my wheel!	85-100 RPM 53x19-21	4:00
11	VO2 Max w/ jumps	90-100 RPM, 53x19	7:00
12	Cool Down	50 RPM, 39x19	6:00

Stationary Trainer Workout #8 Road Race Test

Total Time: 67:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
1	Warm-Up – Roll Out	75-90 RPM, 39x19	6:00
2	Spin-Up	80 RPM, 39x17, +5RPM / 20 sec	4:00
3	Climbing – out of saddle	55 RPM, 53x12	4:00
4	Recovery	80 RPM, 39x19	3:00
5	Anaerobic Threshold Zone4	85 RPM 53x19	8:00
6	VO2 Max w/jumps	90-100 RPM, 53x19	6:00
7	Recovery	80 RPM, 39x19	3:00
8	Climbing – out of saddle	55 RPM, 53x12	4:00
9	VO2 Max	90-100 RPM, 53x19	4:00
10	Anaerobic Threshold Zone4	85 RPM 53x19	12:00
11	Recovery	80 RPM, 39x19	4:00
12	VO2 Max w/jumps	90-100 RPM, 53x19	4:00
	Cool Down	50 RPM, 39x19	5:00

Stationary Trainer Workout #9 Pace and Jump

Total Time: 50:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm up	75-90 RPM	8:00
1	Fast Spin	100-120 RPM+, 39x19	4:00
2	Climbing - out of the saddle	55 RPM, 53x12	5:30
3	Zone 4 Time Trial Pace	85 RPM, 53x19	5:00
4	10 sec. Jumps	85 RPM, 53x19 up to Max 53x12	5:00
5	VO2 Max	90-100 RPM, 53x17	4:00
6	Recovery	90-100 RPM, 39x19	4:00
7	10 sec. Jumps	85 RPM, 53x19 up to Max 53x12	4:00
8	Zone 4 Time Trial Pace	85 RPM, 53x19	6:00
9	Cool Down	50 RPM, 39x21	5:00

Stationary Trainer Workout #9 TT Concentration

Total Time: 51:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm up	75-90 RPM	8:00
1	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
2	Zone 4 Time Trial Pace	85 RPM, 53x19	5:00
3	Zone 4 Time Trial Pace	85 RPM, 53x19	6:00
4	Recovery	90-100 RPM, 39x19	4:00
5	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
6	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
7	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
8	Fast Spin	100-120 RPM+, 39x19	7:00
9	Cool Down	50 RPM, 39x21	5:00

Stationary Trainer Workout #10 Hill Climb Hell

Total Time: 51:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm up	75-90 RPM	8:00
1	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
2	Climbing - out of the saddle	80 RPM, 53x12	5:00
3	Climbing - seated	80 RPM, 53x12	5:00
4	Climbing - out of the saddle	80 RPM, 53x12 (in the drops)	5:00
5	Recovery	90-100 RPM, 39x19	4:00
6	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
7	Zone 4 Time Trial Pace	85 RPM, 53x19	4:00
8	Climbing - out of the saddle	80 RPM, 53x12	7:00
9	Cool Down	50 RPM, 39x21	5:00

Stationary Trainer Workout #11 Summit Attack

Total Time: 65:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	Climbing - seated	80 RPM, 53x12	5:00
2	Climbing - standing	80 RPM, 53x12	4:00
3	Climbing - seated	80 RPM, 53x12	4:00
4	Recovery	80 RPM, 39x19	4:00
5	Climbing - seated	65 RPM, 53x12	5:00
6	Fast Climbing - standing	85 RPM, 53x15	4:00
7	Recovery	80 RPM, 39x19	4:00
8	Down the mountain	120 RPM 39x19	6:00
9	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
10	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
11	Final attack	85 to max RPM 53x16 - 3 repeats	7:00
12	Cool Down	50 RPM, 39x19	6:00

Stationary Trainer Workout #12 Off My Wheel!

Total Time: 71:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	VO2 Max	90-100 RPM, 53x16	4:00
2	Recovery	80 RPM, 39x19	4:00
3	VO2 Max	90-100 RPM, 53x16	4:00
4	Recovery	80 RPM, 39x19	4:00
5	Off my wheel!	85-100 RPM 53x16	5:00
6	Recovery	80 RPM, 39x19	4:00
7	VO2 Max	90-100 RPM, 53x16	4:00
8	Recovery	80 RPM, 39x19	4:00
9	Off my wheel!	85-100 RPM 53x16	5:00
10	Anaerobic Threshold Zone4	85 RPM 53x19	4:00
11	Final attack	85 to max RPM 53x16 - 3 repeats	7:00
12	Cool Down	50 RPM, 39x19	6:00

Stationary Trainer Workout #13 20K TT Event

Total Time: 53:00 Test the gearing selection and resistance with your trainer first

Cut #	Exercise	Cadence	Time
	Warm-Up	75-90 RPM, 39x19	8:00
1	VO2 Max	90-100 RPM, 53x19	4:00
2	Recovery	80 RPM, 39x19	4:00
3	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
4	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
5	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
6	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
7	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
8	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
9	Anaerobic Threshold Zone4	85 RPM, 53x19 (in drops)	4:00
10	Fast Spin	100-120 RPM+, 39x19	4:00
11	Cool Down	50 RPM, 39x19	5:00