

Windtrainer workout # 1 strength set

(counting rpm will help concentration on process instead of time)

➤ **Warm up**

- ✓ (30sec left leg – 30sec right leg – 30sec both legs fast) x 4
- ✓ (30sec over 100rpm – 15sec easy) x 4

➤ **Main set**

- ✓ 4 x (30sec in biggest gear – 30sec easy) 65-75rpm
- ✓ 4 x (1min 2nd biggest gear – 1min easy) 70-80rpm
- ✓ 2 x (2min in 3rd biggest gear – 1min easy) 80rpm
- ✓ 15 min in third biggest gear at 80rpm (rolling not pushing)

Windtrainer workout # 2 strength set

➤ **Warm up**

- ✓ 4 x 30sec over 100rpm efforts with 30sec breaks
- ✓ 4 x 30sec out of saddle efforts in biggest gear – 30sec breaks

➤ **Main set**

- ✓ 8 x 3min in a gear big enough to limit rpm to 80rpm - 1min rests

Windtrainer workout # 3 strength set

➤ **Warm up**

- ✓ 10min spinning increasing a gear each 2min (start at 90rpm)

➤ **Main set**

- ✓ 40 x min in biggest gear 1min hard (full power) 1min easy

Windtrainer workout # 4 strength set

➤ **Warm up**

- ✓ 12 x 30sec easy efforts up to 100rpm with 10sec breaks

➤ **Main set**

- ✓ 3 x (30sec hard – 30sec easy – 30sec hard – 30sec easy – 30sec hard – 30sec easy – 3min in biggest gear 70rpm – 1min easy – 5min 2nd biggest gear 75rpm – 1min easy)

Windtrainer workout # 5 strength set

➤ **Warm up**

- ✓ 2min easy spinning – 2min at 90rpm – 2min one gear harder – 2min 2gears harder – 2min spinning at 100rpm

➤ **Main set**

- ✓ 8 x (1min biggest gear – 1min one gear easier – 30sec out of saddle – 30sec flat out) 1min recovery

Windtrainer workout # 6 - VO2 max set

➤ **Warm up**

- ✓ 15min spinning at 80-90rpm with 15sec jumps out of saddle every minute

➤ **Main set**

- ✓ 8 x 2min efforts at 100+rpm and 95-98% effort 2min easy recoveries (*this set needs to be done hard so you're gasping for air at the end of each effort*)
- ✓ 6min lactic tolerance set – 6 efforts starting at 30sec flat out and 30sec rest – reducing effort length by 5sec each time and increasing recovery by 5sec – 100-125rpm
- ✓ (30s fast – 30sec easy -----5sec fast – 55sec easy)

Windtrainer workout # 7 – VO2 max set

➤ **Warm up**

- ✓ 3 x (1min right leg – 1min left leg – 2min both legs at 95-100rpm)

➤ **Main set**

- ✓ 10 x 90sec efforts at 100+rpm and 95-98%effort with 90sec recoveries (*go hard and gasp for air at the end of each effort*) count rpm for concentration
- ✓ 6min descending lactic tolerance set (start at 30sec 100-125rpm and go to 5sec)

Windtrainer workout # 8 – AT workout

➤ **Warm up**

- ✓ 15min building to race pace in 3min blocks (*start at 70% and build*)

➤ **Main set**

- ✓ 6 x 5min efforts at race pace 85-95rpm and 90% power output with 1min recoveries (*this set should raise your HR to over 90% of max HR and it should drop in recovery*)

Windtrainer workout # 9 – AT workout

➤ **Warm up**

- ✓ 6 x 90sec efforts of 30sec spinning 90rpm, 30sec at 95rpm, 30sec at 100rpm

➤ **Main set**

- ✓ 45min at race pace 90rpm stepping up to 100+rpm for 1min every fifth minute (*4min at 90rpm and 90-95% effort + 1min at 100+rpm 98% effort*)

Windtrainer workout # 10 – AT workout

➤ **Warm up**

- ✓ 4 x (1min 70rpm, 1min 80rpm, 1min 90rpm, 1min 100rpm)

➤ **Main set**

- ✓ 8 x (3min at 95rpm 90% effort – 1min at 100rpm 98% effort – 1min recovery)