

# TRAINING SECTIONS

## WITH WATT



ST = single tempo    MT = medium tempo

### FTP improvement

The following program is very manageable and with 3 repeats per week, it has helped many beginners improve their FTP (Functional Threshold Power) by 10% within 6 weeks.

10 minutes - warm-up with short accelerations up to FTP

20 minutes - work in the upper part of the sweet spot zone

4 minutes - restitution at approximately 50 %max watt

20 minutes - in the upper part of the sweet spot zone

6 minutes - cool down at 100 rpm

### Sprint

The sprint training is constructed to resemble a road cycling sprint in terms of stages. The beat of the music is 140 bpm. Use the tension to obtain the required watt values.

Intro: 1 minute sitting ST 80 %max watt

Lead out train: 1 minute sitting MT 90 %max watt

Lead out: 30 sec standing MT 100 %max watt

Sprint: 30 sec standing acceleration > 150 %max watt

Not more than 2 times!!

### Endurance

The section is constructed like a pyramid and uses watt and heart rate as management tools. The watt and heart rate follow each other to the top where the heart rate is maintained while the watt is gradually lowered as needed, not more. A few seconds before the end of the section, the watt value is registered. The better shape you're in, the higher watt value. The last few minutes are tough but that's OK because it's all about endurance.

1 minute - 70 %max watt

1 minute - 80 %max watt

1 minute - 90 %max watt

1 minute - 100 %max watt

1 minute - 110 %max watt

1 minute - 120 %max watt, heart rate about 92-94 %

6 minutes - keep heart rate at 92-94% - gradually release tension but keep %max watt as high as possible.

### Strength

Only after a good warm-up. Music at approximately 128 bpm.

4-10 repetitions depending on the level of the class.

30 seconds - sitting ST with very high tension

30 seconds - sitting MT with high tension

30 seconds - pause