

BIKE & RUN TRAINING SESSIONS

Week one

Bike – 20min test

If you have a power meter and a turbo set up, then schedule in a 20min test and take the average power for the 20mins and pop into the calculator below. This will then give you your power training zones for the sessions below.

<https://www.britishcycling.org.uk/membership/article/20120925-Power-Calculator-0>

Don't worry if you don't have a power meter, you can still do the test with heart rate instead. If you don't have access to this then I have put rate of perceived exertion (RPE) on the sessions too.

WU

5 min easy spin

6 min as 30s right leg, 30s left leg, 1min both legs

3 x 6s max cadence sprints off 60s (no resistance)

MS – 20min test

20 min all out TT – please record average power or heart rate and weight

CD

10 min easy spin

stretch

Bike set 1 – sweetspot

The 'sweetspot' is a zone just under your lactate threshold level and the aim of training at this intensity is to increase your aerobic capacity/endurance. Sweetspot zone is where you are working at a rate of perceived effort (RPE) level of 6 with 1 being super easy and 10 been as hard as possible. It should feel comfortably hard.

Warm up

5 min spin

2 min 80rpm, 2min 90rpm, 2min 100rpm

4 min as 20s max, 40s rest

Main set

2 x 15 min @ sweetspot, RPE level 6 + 5min easy spin

Cool Down

5 min easy spin + stretch

Bike set 2 - endurance

3hr steady ride with 10min steady run off the bike.

The run off the bike will get you used to the jelly leg feeling that is experienced when transitioning from run to bike in a race.

5k Run test

To get accurate running zones its good to do a 5k run test and work out your zones with the calculator below. Don't worry if you don't have a fancy watch, you can use heart rate too or I have put RPE on the sessions that you can also use.

<https://runsmartproject.com/calculator/>

WU

10 min easy run

5 x 1min as 30s build to max, 30s jog

MS

5k run on flat surface as fast as you can.

CD

10min jog

stretch

Run set 1 - intervals

Warm up

5 min steady run

5 min run with 3 x strides (strides are increase pace for 10s, hold for 10s then slow back down to easy pace)

Main set

1 min @ 3k pace or RPE 8 + 1min rest

3 min @ 5k pace or RPE 7 + 1.5min rest

5 min @ 10k pace or RPE 6 + 2min rest

Repeat main set

CD

5min easy jog + stretches

Run set 2 – endurance

Try to do these off road and slightly undulating terrain

45 minutes steady run

Week two

Bike set 1 – sweetspot

Warmup

5 min spin

3 min as 30s RL, 30s LL, 30s Both (focus on pedal circle)

5 x 6s cadence sprints off 60s

2 min spin

Main set

2 x 20 min @ sweetspot, RPE level 6 + 6min easy spin

Cool down

5 min easy spin + stretch

Bike set 2 - endurance

3hr steady ride with 10min steady run off the bike.

The run off the bike will get you used to the jelly leg feeling that is experienced when transitioning from run to bike in a race.

Run set 1 – intervals

Warm up

5 min steady run

5 min run with 3 x strides (strides are increase pace for 10s, hold for 10s then slow back down to easy pace)

Main set

3 x 6min @ 10k pace or RPE 6 + 2min rest

3 x 1min @ 3k pace or RPE 8 + 1min

CD

5min easy jog + stretches

Run set 2 - endurance

Try to do these off road and slightly undulating terrain

50 minutes steady

Week 3

Bike set 1 – brick session

A brick session combines a bike then a run back to back. The aim of this training is to get you used to running off the bike as you would in a race.

Warm up

5 min spin

4 min as 30s standing 30s seated

4 x 6s cadence sprints off 60s

Main set

Bike 10 mins @ sweetspot or RPE level 6 then straight into

5 mins @ 10k pace or RPE 7

5 min rest

Repeat main set

Cool down

5 min easy spin + stretch

Bike set 2 - endurance

3hr steady ride with 10min steady run off the bike.

The run off the bike will get you used to the jelly leg feeling that is experienced when transitioning from run to bike in a race.

Run set 1 – intervals

Warm up

5 min steady run

5 min run with 3 x strides (strides are increase pace for 10s, hold for 10s then slow back down to easy pace)

Main set

2min @ 3k pace or RPE 8 + 1min rest

4min @ 5k pace or RPE 7 + 2min rest

8min @ 10k pace or RPE 6 + 2min rest

4min @ 5k pace or RPE 7 + 2min rest

2min @ 3k pace or RPE 8 + 1min rest

CD

5min easy jog + stretches

Run set 2 - endurance

Try to do these off road and slightly undulating terrain

55 minutes steady

Week 4

Bike set 1 – brick session

5 min easy spin

6 min as 30s right leg, 30s left leg, 1min both legs

3 x 6s max cadence sprints off 60s (no resistance)

Main set

Bike 5 minute @ threshold power or RPE 7 then straight into

5 min @ 10k pace or RPE 7

3 min rest

Repeat 2 more times

Cool down

5 min easy spin + stretch

Bike set 2 - endurance

3hr steady ride with 10min steady run off the bike.

The run off the bike will get you used to the jelly leg feeling that is experienced when transitioning from run to bike in a race.

Run set 1 – intervals

This session will simulate you coming off the bike and running hard before settling down into race pace.

Warm up

5 min steady run

5 min run with 3 x strides (strides are increase pace for 10s, hold for 10s then slow back down to easy pace)

Main set

2min @ 5k pace or RPE 7 straight into 6 min @ 10k pace or RPE 6 + 2min rest

Repeat main set two more times

CD

5min easy jog + stretches

Run set 2 - endurance

Try to do these off road and slightly undulating terrain

60 minutes steady