



SPECIFIC PREP AUG, SEPT, OCT. – Sessions 1-10 Cost \$115 for this phase of training

Tuesday: we will concentrate on Strength and Endurance. Sessions will include long and short hill repeats in set gears and cadence.

Thursday: this session will concentrate on Strength with the introduction of Muscle tension Intervals.

On-the-Bike Resistance Workouts

On-the-bike resistance workouts generally involve the use of large gears and low cadences in order to set up an “overgeared” situation. By increasing the tension you’re pushing against, you’re placing a heavy load on your leg muscles during each pedal stroke, much like you do when lifting weights. An example of highly effective on-the-bike resistance workouts are MuscleTension Intervals.

MuscleTension Intervals: These intervals are **best performed on a gentle grade (about 5%) between five and ten minutes long. Shift into a large gear that allows you to maintain a steady effort at a cadence of about 60-70 rpm. For the duration of each interval, you’re going to want to stay seated, with your hands on the tops of your bars.** This overgeared climbing puts a lot of tension on your leg muscles and helps enhance muscle fiber recruitment. Most of the time, your nervous system only recruits a portion of the total fibers in muscle; these intervals help train your body to spread the work over a greater proportion of available fibers. **The more muscle fibers you recruit, the more power you can produce. Start with two five-minute Muscle Tension intervals, separated by 10 minutes of recovery. Gradually increase the length of the efforts to ten minutes, and then start adding additional intervals.**

Saturday: This session will continue to concentrate on improving endurance and strength. The session will be a continuous ride building in distance from 60km -100kms. Every 4th week we will perform a 16km TT to assist in the monitoring of improvement.

1. Tue 11 th August 5.30am-7.00am	Trench Gym	Hill Repeats Session 1 Peter Trench
Thur 13 th August 5.30am -7.00am	Trench Gym	Muscle Tension Intervals 2. Cadence 60-70rpm
Sat 15 th August 6.00-8.30am	Trench Gym	75km Spin Session road 25% Big Chain Ring
2. Tue 18 th August 5.30am-7.00am	Trench Gym	Hill Repeats Session 2 Peter Trench
Thur 20 th August 5.30am -7.00am	Trench Gym	Muscle Tension Intervals 3. Cadence 60-70rpm
Sat 22 nd August 6.00-9.00am	Trench Gym	90km Spin Session road 25% Big Chain Ring

3. Tue 25 th August 5.30am-7.00am	Trench Gym	40km Recovery Session Peter Trench
Thur 27 th August 5.30am -7.00am	Trench Gym	40km spin session on the road Technique Session
Sat 29 th August 6.00-9.00am	Trench Gym	90km Spin Session road Includes 16km Time Trial
4. Tue 1st September 5.30am-7.00am	Trench Gym	Hill Repeats Session 4 Peter Trench
Thur 3rd September 5.30am -7.00am	Trench Gym	Muscle Tension Intervals 4. Cadence 60-70rpm
Sat 5th September 6.00-9.00am	Trench Gym	90km Spin Session road 25% Big Chain Ring
5. Tue 8th September 5.30am-7.00am	Trench Gym	Hill Repeats Session 5 Peter Trench
Thur 10 th September 5.30am -7.00am	Trench Gym	Muscle Tension Intervals 5. Cadence 60-70rpm
Sat 12 th September 6.00-9.00am	Trench Gym	90km Spin Session road 25% Big Chain Ring
6. Tue 15th September 5.30am-7.00am	Trench Gym	Hill Repeats Session 6 Peter Trench
Thur 17 th September 5.30am -7.00am	Trench Gym	Muscle Tension Intervals 6. Cadence 60-70rpm
Sat 19 th September 6.00-9.00am	Trench Gym	90km Spin Session road 25% Big Chain Ring
7. Tue 22nd September 5.30am-7.00am	Trench Gym	40km Recovery Session Peter Trench
Thur 24th September 5.30am -7.00am	Trench Gym	40km spin session on the road Technique Session
Sat 26th September 6.00-9.00am	Trench Gym	90km Spin Session road 25% Big Chain Ring

8. Tue 29th September 5.30am-7.00am Thur 1st October 5.30am -7.00am Sat 3rd October 5.30-9.00am	Trench Gym Trench Gym Trench Gym	Hill Repeats Session 8 Peter Trench Muscle Tension Intervals 7. > cadence to 80rpm 100km Spin Session road <i>Includes 16km Time Trial</i>
9. Tue 6th October 5.30am-7.00am Thur 8 th October 5.30am -7.00am Sat 10th October 5.30-9.00am	Trench Gym Trench Gym Trench Gym	Hill Repeats Session 9 Peter Trench Muscle Tension Intervals 8. > cadence to 80rpm 110km Spin Session road 25% Big Chain Ring
10. Tue 13th October 5.30am-7.00am Thur 15 th October 5.30am -7.00am Sat 17th October 5.30-9.00am	Trench Gym Trench Gym Trench Gym	Hill Repeats Session 10 Peter Trench Muscle Tension Intervals 9. > cadence to 80rpm 120km Spin Session road 25% Big Chain Ring