Despite Governor Polis’ edict closing athletic club facilities in Colorado, we all still need/want to stay in shape. Accordingly, I am providing some hour-long cycling workouts that can be done on an indoor trainer or stationary bike. *Remember, an hour riding indoors is roughly equivalent to an hour outside.*

**BIKE COMBO #1**

- 10 minute warm up
- 8x1 minutes fast in Zone 4 (RPE 8-9) with 1:00 recoveries
- 4 minutes easy spin
- 3x5 minute strong climbs in Zone 3 (RPE 7-8) with 3:00 recoveries
- Finish with easy spinning

**BIKE COMBO #2**

- Warm up 10 minutes
  - 5 minutes Zone 1, 5 minutes Zone 2
- 3x12 minute climbs:
  - **SET 1**
    - 4 sets of 2 minute Zone 3 climbs (RPE 7), with 1 minute recoveries
    - Ride easy for 3:00
  - **SET 2**
    - 2 sets of 4 minutes High Zone 2 climb (RPE 6 out of 10)
    - 1 minute fast/strong acceleration
    - 2 minutes easy spin between sets
    - Ride easy for 3:00
  - **SET 3**
    - 5 minutes lower half of Zone 2 (RPE 5)
    - 1 minute easy spin
    - 4 minutes upper half of Zone 2 (RPE 6)
    - 1 minute easy spin
    - 3 minutes Zone 3 (RPE 7)
    - Easy riding to finish

**KEY**

For the purposes of these rides, I will assume that we are not using FTP and that *Rate of Perceived Exertion (RPE)* will govern intensity for these rides.

<table>
<thead>
<tr>
<th>Training Purpose</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>At rest</td>
</tr>
<tr>
<td>Recovery</td>
<td>2</td>
<td>Very, very light</td>
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<td>3</td>
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<tr>
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BIKE WITH ACCELERATIONS

• Warm up 10 minutes
• 3 sets of 6x1 minute accelerations
  These should be fast enough that your cadence (pedal speed) is a little faster than you are comfortable with, effort 7 out of 10
  Keep your speed consistent through each of the intervals
  1 minute easy recoveries in between
• Zone 1 and 2 riding to finish

BIKE WITH CLIMBING INTERVALS

• After a good warm up, do 4x30 second hard efforts with 1 minute recoveries
• 3x10 minute Zone 3-4 climbs, effort 7-8 on a 10 point scale
  3 minutes easy spinning between climbs
• Easy spinning to finish

BIKE WITH CRUISE INTERVALS

• 5 minute spinning
• 3 sets of 30 second fast pedal (high cadence) with 30 seconds recovery
• 3 minutes in Zone 2 (RPE 6 out of 10)
• 2 minutes in Zone 3 (RPE 7 out of 10)
• 2 minutes easy spinning
• 3 sets of:
  5 minutes Zone 2 (90% of FTP or RPE 6 out of 10)
  3 minutes Zone 3 (100% of FTP or RPE 7-8 out of 10)
  1 minute Zone 4 (110% of FTP or RPE 8-9 out of 10)
  4 minute recoveries between sets
• 10 minutes Zone 1 riding to finish

KEY

Neal McLaughlin’s Indoor Cycling Workouts

For the purposes of these rides, I will assume that we are not using FTP and that Rate of Perceived Exertion (RPE) will govern intensity for these rides.
BIKE WITH OVER/UNDER INTERVALS 3/2

• 10 minute warm up
• Ride 8 minutes increasing your effort every 2 minutes, building to Zone 4 for minutes 7-8
• 2 minutes easy spinning
• 3 sets of:
  3 minutes climbing
  2 minutes riding fast
  3 minutes climbing
  2 minutes riding fast
5 minute recoveries between sets
Climbing cadence 85-90 RPM, riding fast cadence 95-100 RPM

SET 1  Zone 3/4/3/4  SET 2  Zone 2/4/2/4  SET 3  Zone 3/4/3/4
• 10 minute cooldown

BIKE WITH HILL ACCELERATIONS

• Start with a good warm up 10 minutes minimum.
• Ride with an increasing effort 3 minutes Zone 2
  3 minutes Zone 3
  3 minutes Zone 4
  Easy spin 5 minutes
• 3 4x5 minute hill accelerations 6-8% grade
  2 minutes Zone 3
  2 minutes accelerating to Zone 4
  1 minute accelerating to Zone 5
  4 minutes recovery spinning between intervals
• Finish with aerobic riding, cooldown and stretch

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BIKE WITH POWER INTERVALS

• After a good warm up, including a 3-4 minute Zone 3 effort
• 2 sets of 4x1 minute with 1 minute recoveries. These are 95-105 RPM cadence and 100% effort 5 minutes between sets
• 10 minutes easy spinning to cool down

BIKE WITH STEADY STATE INTERVALS

• 15 minute warm up, building to Zone 2
• 3x8 minute efforts in Zone 4 (subthreshold). 3 minute recoveries. Cadence 90-95 RPM
• Easy spinning to finish

BIKE WITH TABATA INTERVALS

• Warm up 10 minutes, building into Zone 2
• 3x1 minute openers in Zone 4-5 with 1 minute recoveries, finishing with 2 minutes of easy spin
• 2-3 sets of 13x30 second intervals in Zone 4/5 (RPE 9 out of 10) with 15 second recoveries 4:30 of recovery between sets.
• Finish with Zone 1-2 riding

BIKE WITH TEMPO INTERVALS

• 15 minute warm up
• 3x10 minute Zone 3 intervals with 2 minute easy spin recoveries. Cadence self-selected but under 80 RPM for hills and 90-95 RPM for flat terrain
• 10 minute cool down

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