

NEAL McLAUGHLIN'S Indoor Cycling Workouts

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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.

Training Purpose	Rate of Perceived Exertion (RPE)	Description
	1	At rest
Recovery	2	Very, very light
	3	Very light
	4	Moderately easy
Aerobic	5	Moderate
	6	Moderately hard
Tempo	7	Hard
Threshold	8-9	Very, very hard
VO2 Max	10	Maximal

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

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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 spinning
- 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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