



# MERLIN

CYCLE COACHING

This is an example early season schedule for rider who races and trains with HR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b> or 20 min spin turbo no higher than Z1 fast cadence 100rpm	<b>Club Evening 10 mile TT</b> ride out to warm up and ride back spin low gears to warm down	<b>Recovery Ride</b> 30 mins Turbo or 45 minute 'potter' on the road Z1	<b>Turbo Sprint Pyramid :</b> Warm up 20 - 25 minutes to Z3 ride easy 2 mins. Then road bike in biggest gear less 3 sprockets - aim for very high pedal revs out of the saddle for first 5 seconds then sit down and do sprint pyramid as follows: 3 x 10secs with 1.00 between, 3 x 15 secs with 1.15 between, 3 x 10 secs with 1.00 between Rest periods just pedal easy low gear. Warm down 10 minutes	<b>Road</b> 1 hour keep upper Z2/ Lower Z3 - use talk test for pacing you should be able to just talk short sentences	<b>Event warm up</b> Turbo 20mins to mid Z3 then 2 x 6 secs flat out with 54 seconds between then 2 x 90 seconds at race pace and cadence with 90 seconds between then have 10 mins warm down	<b>Circuit road Race</b> 1 hour + 5 laps rember to have a good warm up on the course at least 15 mins - 5mins Z1 then gradually bring HR to race pace