



Beginner Training Programme

This training programme is developed by Paul Odlin, Revbox Erg brand ambassador and professional cycle coach at O.C.C., designed specifically for a beginner cyclist wanting to improve their fitness over 4 weeks using the Revbox Erg. This programme can be modified to suit your requirements and level of fitness but as a guideline there are three-weekly training sessions.

Level of effort is indicated by:

- Perceived exertion (RPE)
- Percentage of maximum heart rate (MHR)
- or percentage of functional threshold power (FTP) for those with a power meter or Revbox Power App.

Week 1:

Focus: Aerobic endurance and skills to improve your technique using the Revbox Erg.

Monday: Rest day.

Tuesday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Session goal: Improve aerobic endurance through progressively overloading the cardiovascular system.

Wednesday: Rest day.

Thursday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. However during this time include eight x 5 minute intervals of variations in cadence while keeping similar exertion/%MHR/power, by changing the gear at rear cassette up and down every 5 minutes (keeping rpm between 80 - 110).

Finish session with 5 minutes warm down.

Session goal: Improve aerobic endurance through progressively overloading the cardiovascular system.

Friday: Rest day.

Saturday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. During this time do endurance spinning drills (twenty x 10 second high cadence sprints in an easy gear every 2 minutes; or pedalling technique drills (see separate download on improving pedalling technique).

Finish session with 5 minutes warm down.

Session goal: Improve aerobic endurance through progressively overloading the cardiovascular system.

Sunday: Rest day.

Week 2:

Focus: Aerobic endurance & skills to improve your technique using the Revbox Erg.

Monday: Rest day.

Tuesday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Wednesday: Rest day.

Thursday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. However during this time include eight x 5 minute intervals of variations in cadence while keeping similar exertion/%MHR/power, by changing the gear at rear cassette up and down every 5 minutes (keeping rpm between 80 - 110).

Finish session with 5 minutes warm down.

Friday: Rest day.

Saturday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. During this time do endurance spinning drills (twenty x 10 second high cadence sprints in an easy gear every 2 minutes; or pedalling technique drills (see separate download on improving pedalling technique).

Finish session with 5 minutes warm down.

Sunday: Rest day.

Week 3:

Focus: Aerobic endurance and introduce interval training to rapidly improve your fitness introducing outdoor road cycling as well.

Monday: Rest day.

Tuesday: Aerobic Endurance; 75 minutes; road.

Warm up for 10 - 15 minutes then continue for the next 50 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Wednesday: Rest day.

Thursday: Sweet Spot, 60 minutes.

Warm up for 12 minutes then complete five 5 minute work intervals at hard RPE; or 80-90% of MHR; or 88-92% of FTP. Between work intervals, recovery intervals are completed over 4 minutes at 90 rpm bringing RPE back to moderate/ 60% of MHR/<55% of FTP.

Warm down for additional 3 minutes after last recovery interval.

Session goal: Sweet spot refers to a training zone that sits between aerobic and anaerobic, required for higher intensity performance and a foundation to allow even higher intensity training.

Friday: Rest day.

Saturday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Sunday: Rest day.

Week 4:

Focus: Aerobic endurance and introduce high intensity interval training to rapidly improve your fitness using a mixture of sessions on the Revbox Erg and outdoor road cycling.

Monday: Rest day.

Tuesday: Aerobic Endurance, 60 minutes; road.

Warm up for 10 - 15 minutes then continue for the next 50 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Wednesday: Rest day.

Thursday: Overs and Unders, 55 minutes.

Warm up for 20 minutes then complete two x 10 minute work intervals of repeated 30 seconds at very hard RPE; or 120-140% of FTP immediately followed by 1 minute 30 seconds at hard RPE; or 88-92% of FTP. Note for intervals shorter than 3 minutes, heart rate becomes less valuable as a guide due to the delay heart rate takes to respond to changes in intensity.

Recovery interval between work intervals is 5 minutes.

Session goals: Improve lactate anaerobic performance and aerobic recovery through repeated increases in intensity.

Friday: Rest day.

Saturday: Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

Sunday: Rest day.