



## Competitive or advance road cyclist 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 competitive intermediate or advanced road cyclist wanting to improve their racing potential over 9 weeks using the Revbox Erg.

This programme can be modified to suit your requirements and level of fitness but as a guideline there are two weekly key training sessions using the Revbox Erg. While the Revbox Erg is a great training tool, it is recommended that a mixture of rides outside (especially endurance length) are used in conjunction with *Key Sessions* on the trainer. Note *Key Sessions* refer to interval sessions which should be done both outside (to simulate real racing conditions) and on the Revbox Erg (to elicit a more controlled environment enabling a better quality session).

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:** Sweet spot training week 1

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

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

**Tuesday:** *Key Session:* **Sweet Spot on Revbox Erg, 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.

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Sweet Spot on Revbox Erg: 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.

**Friday: Recovery day.**

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

## **Week 2:**

**Focus:** Sweet spot training week 2.

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Tuesday: Key Session: Sweet Spot on Revbox Erg: 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.

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Sweet Spot on road: 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.

**Friday: Active recovery day.**

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

### **Week 3: Recovery week 1**

**Monday: Active recovery day.**

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Tuesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Thursday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180-240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

#### **Week 4:**

**Focus:** Strength Endurance (SE) training week 1.

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Tuesday:** Key Session: **Strength Endurance on Revbox Erg: 84 minutes.**

Warm up for 12 minutes then complete three 15 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to SE not to use lower than 60 rpm). Recovery interval is 8 minutes. Warm down for additional 3 minutes after last recovery interval.

**Session goal:** Strength Endurance has anecdotally proven to benefit performance in hill climbing, time trialling and during road races. The aim is to improve muscular strength specific to cycling; repetitiously and over duration.

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Strength Endurance on Revbox Erg: 84 minutes.**

Warm up for 12 minutes then complete three 15 minutes work intervall at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to Strength Endurance not to use lower than 60 rpm). Recovery intervall is 8 minutes. Warm down for additional 3 minutes after last recovery intervall.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

## **Week 5:**

**Focus:** Strength training week 2.

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Tuesday: Key Session: Strength Endurance on Revbox Erg: 105 minutes.**

Warm up for 12 minutes then complete three 20 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to Strength Endurance not to use lower than 60 rpm). Recovery interval is 10 minutes. Warm down for additional 3 minutes after last recovery interval

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Strength Endurance on road: 105 minutes.**

Warm up for 12 minutes then complete three 20 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to SE not to use lower than 60 rpm). Recovery interval is 10 minutes. Warm down for additional 3 minutes after last recovery interval.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180-240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

## **Week 6: Recovery week 2**

**Monday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Tuesday:** Aerobic Endurance or Recovery day: 60 - 120 minute; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Thursday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Friday: Active recovery day.**

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

## **Week 7:**

**Focus:** Overs and unders training week 1.

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Tuesday: Key Session: Overs and Unders on Revbox Erg: 85 minutes.**

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 120-130% 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 10 minutes.

**Session goals:** Improve lactate anaerobic performance and aerobic recovery through repeated increases in intensity. This is especially useful for group road racing and undulating time trial courses.

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Overs and Unders on Revbox Erg: 85 minutes.**

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 120-130% 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 10 minutes.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

## **Week 8:**

**Focus:** Overs and unders training week 2.

**Monday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Tuesday: Key Session: Overs and Unders on Revbox Erg: 85 minutes.**



Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 130-140% 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 10 minutes.

**Wednesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Thursday: Key Session: Overs and Unders on Revbox Erg: 85 minutes.**

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 130-140% 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 10 minutes.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

### **Week 9: Recovery week 3**

**Monday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Tuesday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Thursday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

**Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

**Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

**Sunday:** Aerobic Endurance: 180-240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.