



Training sessions (including warm up and warm downs)

Listed are four training sessions developed by Paul Odlin, Revbox Erg brand ambassador and professional cycle coach at O.C.C., designed specifically for training using the Revbox Erg.

All sessions include recommendations based on level of ability: Beginner, intermediate or advanced.

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.

Examples of warm ups and warm downs are listed at the end of this document.

Aerobic Endurance: Beginner: 60 minutes; Intermediate: 75 minutes; Advanced: 90 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. Optional drills 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). Alternatively you can 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.

Sweet Spot: Beginner, Intermediate and Advanced: 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.

Strength Endurance: Beginner: 60 minutes; Intermediate: 80 minutes; Advanced: 105 minutes.

Warm up for 12 minutes then complete three 10 minutes (beginner), 13 minutes (intermediate), or 20 minutes (advanced) work intervals at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note beginners not to use lower than 60 rpm). Recovery interval is 5 minutes (beginner), 7 minutes (intermediate), or 10 minutes (advanced).

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.

Overs and Unders: Beginner: 55 minutes; Intermediate 65 minutes; Advanced: 85 minutes.

Warm up for 20 minutes then complete two x 10 minutes (beginner), 12 minutes (intermediate), 20 minutes (advanced) 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 (beginner), 8 minutes (intermediate), 10 minutes (advanced).

Session goal: 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.

Example of a 12 minute warm up:

Begin with 2 minutes easy pedalling without looking at heart rate or power but listening to how your legs feel and the sound of the Revbox Erg fan. Take this time to focus on pedal stroke as well and try to pedal in a full circle (even pressure throughout the whole 360 degrees) by listening to the audible feedback from the fan.

For the next 5 minutes increase RPE to hard; or 90% of MHR; or 106-120% of FTP for the last minute (accumulated time = 7 minutes).

2 minutes RPE easy; or 60% of MHR; or <55% of FTP around 90 rpm (accumulated time = 9 minutes).

Over the next 2 minutes do two 6 second seated accelerations from 90 rpm to maximum in an easy gear, without the feeling of bouncing on your saddle (accumulated time = 11 minutes).

1 minute easy (accumulated time = 12 minutes).

Example of a 20 minute warm up:

Begin with 5 minutes easy pedalling without looking at heart rate or power but listening to how your legs feel and the sound of the fan. Take this time to focus on pedal stroke as well and try to pedal in a full circle (even pressure throughout the whole 360 degrees).

For the next 8 minutes increase RPE to hard; or 90% of MHR; or 106-110% of FTP for the last minute (accumulated time = 13 minutes).

3 minutes RPE easy; or 60% of MHR; or <55% of FTP around 90 rpm (accumulated time = 16 minutes).

Over the next 2 minutes do three 6 second seated accelerations from 90 rpm to maximum in an easy gear, without the feeling of bouncing on your saddle (accumulated time = 18 minutes).

2 minutes easy (accumulated time = 20 minutes).

Example of a warm down 5 - 11 minutes:

In the first 2 minutes (*especially directly after finishing an intense interval*) focus on bringing RPE back to moderate; or 60% of MHR; or <55% of FTP. When this is achieved spin a gear that allows you to maintain 90 rpm without a significant increase in RPE/%MHR. In the last minute decrease rpm/gear to reduce RPE; or % of MHR; or % of FTP.