

1) Pyramid Workout on weights (add weight on drop set, decrease weight on Up)  
Leg Press Machine  
25 reps ,21, 18, 15,12,10,8,12,15,18,21, 25  
immediately do stationary bike Intervals (90 sec, 3 min recovery)  
Have bike already set up so your ready to go

2) Italian Squats ( strength training)  
warm up 15 minutes easy gear  
Then 53 x 11,12,13 gear ratio  
1 minute seated / 1 min standing  
Repeat set 10 times, recover for 10 minutes and repeat set ( you can do this on  
stationary also ( high tension, about 50 -60 RPM) its a grind

3) Lactate Thresh hold Test

Find a flat or slightly uphill stretch of road (avoid traffic lights, undulations or rolling hills).

- Warm up for at least 10-15 minutes
- Ride a thirty-minute time trial and give it your best. You should finish with nothing left.
- If using a HR monitor or power meter, **record the last twenty minutes of your ride** . – Your average heart rate or wattage over this period will estimate your HR or power at LT

or you can do 3 x 3 min all out TT effort and recovery 5-10 minutes and do it again, ( recovery is easy pedaling) Record each 3 min effort and average your max HR. Then when you do your workouts you will do lactate threshold workouts at 70% of your Max HR

***PLEASE USE CAUTION IF YOU HAVE NEVER DONE INTENSE HR WORKOUTS, CONSULT A DOCTOR BEFORE DOING SO!!!!***

## TT Workouts

- 1) Lake Road out and back ( has a great course so you hit all wind directions)
- 2) Hit Strava Sections so you can measure YOUR progress, don't worry about the other people on the list. Of course it's good to be competitive but you want to keep beating your time. Remember about doing it on the same weather conditions ( wind, heat etc.)
- 3) 2 x 20 minute LT warm up, 20 min LT ride, recover 10 minutes and repeat