

 **concept 2**
BikeERG
WORLD SPRINTS

4-Week Training Plan

Warm Up

Warm up for at least 5 minutes before every workout. Here are a few suggestions for your warm up:

- 6 minute warmup: Ride easy for 3 minutes, then at the beginning of each of the last 3 minutes pedal hard for 10 seconds to get your heart rate up, and return to warmup pace.
- 5 minute warmup: Ride easy at 50% effort (5 on Rate of Perceived Exertion (RPE) Scale) for 2 minutes, then at 60% effort (6 on RPE Scale) for 90 seconds, at 70% effort (7 on RPE Scale) for 1 minute, at 80% effort (8 on RPE Scale) for 30 seconds.
- 10 minute warmup: 2 minutes easy, 3 minutes moderate, 3 minutes easy with 30 second bursts to race pace every minute, 2 minutes easy.

Cool Down

After each interval workout session, take 3-4 minutes to spin easy and cool yourself down.

Benchmark pace

This plan uses a benchmark pace, which will be determined in your first workout. This benchmark is used to create the workouts each week. If you're having trouble holding the benchmark pace over multiple workouts, just let your pace adjust accordingly. Try adding 2-5 seconds to your pace to start out, and then see if you can bring the pace back down. Training can be affected by things such as other activities, rest, recovery and nutrition, so listen to your body as you follow this plan.

Benchmark Pace ____:____/1000m

(Determined in Workout 1)

Week 1:

Workout 1: Determine your Benchmark Pace

3000m time trial. Aim for your best effort at 3000m. This likely will take you in between 5-10 minutes depending on your fitness level. The goal is to go hard, but not so hard that you are unable to finish the piece. Your average pace from this workout will be the benchmark pace from which you'll base the rest of the workouts.

Workout 2

2000m, 3 minutes rest, 2000m (all at benchmark pace).

Week 2:

Workout 1

5 X 1000m at benchmark pace with 60 seconds rest. The goal is for equal or negative splits. (Negative splits means going faster each interval.)

Workout 2

2500m, 3 minutes rest, 2000m (all at benchmark pace).

Week 3:

Workout 1

5 X 1000m at benchmark pace with 40 seconds rest. The goal is for equal or negative splits.

Workout 2

3000m, 3 minutes rest, 2000m (all at benchmark pace).

Week 4:

Workout 1

5 X 1000m at benchmark pace with 20 seconds rest. The goal is for equal or negative splits.

Workout 2

Test your 4000m time or compete in the BikeErg World Sprints. Good luck!