

# SUFFERSHIRE INDOOR CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>16<sup>th</sup> Apr</b>	The Chores 58 mins	A Very Dark Place 55 mins	The Omnium 50 mins		Butter 59 mins	Hell Hath No Fury 75 mins	
<b>23<sup>rd</sup> Apr</b>	Mini Shovel 47 minutes	Power Station 50 mins	There is No Try 60 minutes		Told off by Angels 55 mins	Thin Air 60 minutes	
<b>30<sup>th</sup> Apr</b>	The Rookie 55 mins	Downward Sprial 60 minutes	Nine Hammers 55 mins		The Trick 59 mins	Local Hero 85 minutes	
<b>7<sup>th</sup> May</b>	Butter 59 mins	Angels 56 mins	The Wretched 48 mins		Standing Starts+ 45 minutes	Who Dares 54 mins	
<b>14<sup>th</sup> May</b>	Who Dares 54 mins	There is No Try 60 minutes	Getting Away With It 48 mins		There is No Try 60 minutes	Mini Blender + Thin Air 117 mins	
<b>21<sup>st</sup> May</b>	Fight Club 59 mins	Elements of Style + Extra Shot 57 mins	The Best Way Is Blended 64 mins		Standing Starts+ 45 minutes	Fight Club 59 mins	
<b>28<sup>th</sup> May</b>	The Chores 58 mins	The Way Out 110% 60 mins	Revolver 45 mins		Full Frontal 60 mins	Group Ride	
<b>4<sup>th</sup> June</b>							
<b>11<sup>th</sup> June</b>							
<b>18<sup>th</sup> June</b>							

10 weeks FTP improvement plan



Workout	Performance Benefit	Workout	Performance Benefit
A Very Dark Place 55 mins	MAP	The Best Thing In The World 48 minutes	AC + MAP
Downward Sprial 60 minutes	MAP + AC + NM	The Blender 100 mins	MAP + FTP + AC
Half Is Easy 39 minutes + Optional Extra Shot	AC + MAP	The Hunted 60 mins	FTP
Igniter + The Best Thing in The World – short 50 mins	AC + MAP	The Omnium 50 mins	MAP + AC + NM
ISLAGIATT 118mins	FTP	The Shovel 75 minutes	MAP + AC + NM
It Seemed Like Thin Air 150 mins	FTP	The Wretched 48 mins	FTP
Local Hero 85 minutes	MAP + AC + FTP	There is No Try 60 minutes	AC + MAP + FTP
Mini Blender 58 mins	FTP + MAP + AC	Thin Air 60 minutes	FTP
Mini Shovel 47 minutes	MAP + AC + NM	Told off by Angels 55 mins	AC + MAP
Nine Hammers 55 mins	MAP + FTP + AC	Violator 68 mins	NM + AC
Power Station 50 mins	FTP	The Rookie 55 mins	FTP
Revolver 45 mins	MAP + AC	Angels 56 mins	FTP + MAP
Revolver is Easy 46 minutes	MAP + AC	Hell Hath No Fury 75 mins	FTP + MAP
Igniter + Revolver Is Easy 66 mins	MAP + AC	Hell Hath No Fury 60 mins	FTP + MAP
The Way Out 60 mins	FTP	To Get To The Other Side	FTP

Igniter + The Long Scream 55 mins	FTP	The Best Way Is Blended 64 mins	AC + MAP
Who Dares 54 mins	FTP + AC	Getting Away With It 48 mins	FTP
Extra Shot 20 mins	FTP	Elements of Style	FTP
Do as You're Told 44 minutes	AC + MAP + NM	Igniter + Half is Easy 60 mins	
Full Frontal 60 mins	Fitness Test	The Chores 58 mins	MAP + FTP
Butter 59 mins	FTP + MAP	The Trick 59 mins	AC + FTP
Standing Starts+ 45 minutes		Fight Club 59 mins	AC + FTP
	end		