

SUFFERSHIRE INDOOR CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2nd July	Who Dares 54 mins	Told off by Angels 55 mins	The Rookie 55 mins		The Best Thing In The World 48 minutes	Nine Hammers 55 mins	
9th July	Angels 56 mins	The Trick 59 mins	The Best Way Is Blended 64 mins		Violator 59 mins	The Blender 100 mins	
16th July	The Wretched 48 mins	Getting Away With It 48 mins	Defender		Downward Sprial 60 minutes	Group Ride	
23rd July	Mini Shovel 47 minutes	Power Station 50 mins	Thin Air 60 minutes		Fight Club 59 mins	Local Hero 85 minutes	
30th July	Mini Blender 58 mins	The Omnium 50 mins	G.O.A.T 45 mins		There is No Try 60 minutes	Group Ride	
6th Aug	The Chores 58 mins	A Very Dark Place 55 mins	Butter 59 mins		Who Dares 54 mins	Hell Hath No Fury 60 mins	
13th Aug	Nine Hammers 55 mins	Revolver is Easy 46 minutes	Do as You're Told 44 minutes		Defender	Group Ride	
20th Aug	G.O.A.T 45 mins	Violator 59 mins	The Best Thing In The World 48 minutes		Butter 59 mins	The Hunted 60 mins	
27th Aug	Defender	The Hunted 60 mins	There is No Try 60 minutes		Mini Blender 58 mins	Group Ride	
3rd Sept	Butter 59 mins	Defender	Getting Away With It 48 mins		Do as You're Told 44 minutes	Thin Air 60 minutes	

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 59 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
G.O.A.T 45 mins	FTP+NM		
Defender			
	end		