

SUFFERSHIRE INDOOR CYCLING

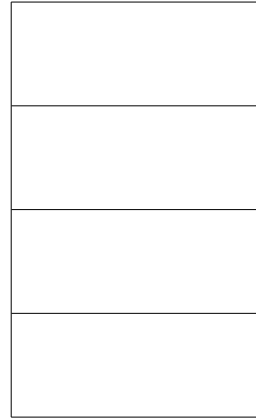
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 th Sept	A Very Dark Place 55 mins	The Hunted 60 mins	Told off by Angels 55 mins		The Best Thing In The World 48 minutes	Nine Hammers 55 mins	
17 th Sept	Downward Sprial 60 minutes	The Wretched 48 mins	Defender 59 mins		Fight Club 59 mins	ISLAGIATT 118mins	
24 th Sept	Getting Away With It 48 mins	G.O.A.T 45 mins	Butter 59 mins		Do as You're Told 44 minutes	Mini Blender 58 mins	
1 st Oct	Mini Shovel 47 minutes	Angels 56 mins	Revolver is Easy 46 minutes		The Omnium 50 mins	It Seemed Like Thin Air 150 mins	
8 th Oct	There is No Try 60 minutes	Thin Air 60 minutes	Who Dares 54 mins		The Rookie 55 mins	Local Hero 85 minutes	
15 th Oct	Power Station 50 mins	Getting Away With It 48 mins	G.O.A.T 45 mins		Butter 59 mins	Hell Hath No Fury 60 mins	
22 nd Oct	The Chores 58 mins	The Hunted 60 mins	The Best Way Is Blended 64 mins		The Best Thing In The World 48 minutes	The Blender 100 mins	
29 th Oct	Violator 59 mins	The Wretched 48 mins	Defender 59 mins		Fight Club 59 mins	ISLAGIATT 118mins	
5 th Nov	Do as You're Told 44 minutes	Power Station 50 mins	Getting Away With It 48 mins		G.O.A.T 45 mins	Butter 59 mins	
12 th Nov	Revolver 45 mins	Angels 56 mins	Butter 59 mins		The Omnium 50 mins	Hell Hath No Fury 75 mins	

10 weeks FTP improvement plan

	Workout	Performance Benefit	Workout	Performance Benefit
Hard	A Very Dark Place 55 mins	MAP	ISLAGIATT 118mins	FTP
Hard	Downward Sprial 60 minutes	MAP + AC + NM	The Blender 100 mins	MAP + FTP + AC
Easier	The Shovel 75 minutes	MAP + AC + NM	It Seemed Like Thin Air 150 mins	FTP
Hard	There is No Try 60 minutes	AC + MAP + FTP	Local Hero 85 minutes	MAP + AC + FTP
Hard	Violator 59 mins	NM + AC	Mini Blender 58 mins	FTP + MAP + AC
Easier	Mini Shovel 47 minutes	MAP + AC + NM	Hell Hath No Fury 75 mins	FTP + MAP
Hard	Nine Hammers 55 mins	MAP + FTP + AC	Hell Hath No Fury 60 mins	FTP + MAP
Hard	Revolver 45 mins	MAP + AC	Who Dares 54 mins	FTP + AC
Easier	Do as You're Told 44 minutes	AC + MAP + NM	Butter 59 mins	FTP + MAP
Hard	The Chores 58 mins	MAP + FTP	G.O.A.T 45 mins	FTP+NM
	The Trick 59 mins	AC + FTP	Defender 59 mins	FTP



end



Workout	Performance Benefit
The Hunted 60 mins	FTP
The Wretched 48 mins	FTP
Thin Air 60 minutes	FTP
Angels 56 mins	FTP + MAP
Power Station 50 mins	FTP
The Way Out 60 mins	FTP
To Get To The Other Side	FTP
Getting Away With It 48 mins	FTP

Workout	Performance Benefit
Half Is Easy 39 minutes + Optional Extra Shot	AC + MAP
Igniter + The Best Thing in The World – short 50 mins	AC + MAP
Told off by Angels 55 mins	AC + MAP
Revolver is Easy 46 minutes	MAP + AC
Igniter + Revolver Is Easy 66 mins	MAP + AC
Igniter + The Long Scream 55 mins	FTP
The Best Way Is Blended 64 mins	AC + MAP
Igniter + Half is Easy 60 mins	

Workout
Elements of Style
Full Frontal 60 mins
Standing Starts+ 45 minutes
The Best Thing In The World 48 minutes
The Omnium 50 mins
The Rookie 55 mins
Extra Shot 20 mins
Fight Club 59 mins

Performance Benefit

FTP

Fitness Test

AC + MAP

MAP + AC +
NM

FTP

FTP

AC + FTP

