

SUFFERSHIRE INDOOR CYCLING

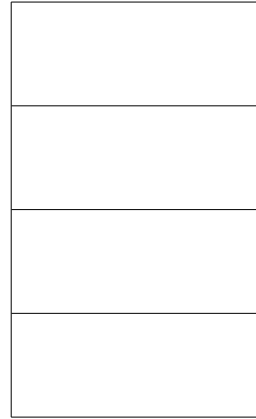
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22nd Apr	Group Ride	A Very Dark Place 55 mins	Revolver is Easy 46 minutes		Defender 59 mins	Defender 59 mins	
29th Apr	Nine Hammers 55 mins	There is No Try 60 minutes	The Rookie 55 mins		Revolver 45 mins	Group Ride	
6th May	Who Dares 54 mins	The Wretched 48 mins	Getting Away With It 48 mins		Angels 56 mins	Hell Hath No Fury 60 mins	
13th May	Mini Shovel 47 minutes	G.O.A.T 45 mins	The Best Way Is Blended 64 mins		The Chores 58 mins	Group Ride Cheltenham Festival of Cycling	
20th May	The Best Thing In The World 48 minutes	Getting Away With It 48 mins	The Chores 58 mins		Who Dares 54 mins	The Blender 100 mins	
27th May	The Trick 59 mins	Hell Hath No Fury 60 mins	Butter 59 mins		G.O.A.T 45 mins	Group Ride	
3rd Jun	The Rookie 55 mins	The Chores 58 mins	Defender 59 mins		There is No Try 60 minutes	Thin Air 60 minutes	Group Ride
10th Jun	Standing Starts+ 45 minutes	A Very Dark Place 55 mins	The Hunted 60 mins		The Shovel 59 minutes	Group Ride	
17th Jun	Igniter + Half is Easy 60 mins	Defender 59 mins	Hell Hath No Fury 60 mins		Power Station 50 mins	Butter 59 mins	
24th Jun	Fight Club 59 mins	Igniter + The Long Scream 55 mins	Mini Blender 58 mins		Who Dares 54 mins	Angels 56 mins	

10 week plan VO2 into sustained efforts

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



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

