

Roller Training

Recovery training for the day after a hard race or ride
using a road bike

Duration: 36 minutes

Time:	Description:	Cadence:
10 mins	Warm-up L1 low gears	(90-100rpm)

Building up the effort:

3 min	Click one gear harder	(90-100rpm)
--------------	-----------------------	-------------

3 min	Click one gear harder	(90rpm)
--------------	-----------------------	---------

3 min	Click one gear harder	(90rpm)
--------------	-----------------------	---------

3 min	Click one gear harder	(90rpm)
--------------	-----------------------	---------

You should be riding L3 by this stage

3 min	Click one gear easier	(90rpm)
--------------	-----------------------	---------

3 min	Click one gear easier	(90rpm)
--------------	-----------------------	---------

3 min	Click one gear easier	(90-100rpm)
--------------	-----------------------	-------------

Warming down:

5min	Click one gear easier	(90-80rpm)
-------------	-----------------------	------------

(L1 Easy riding - steadily slowing down)

Stop.

For a longer training session, replace the last 5 minutes with a constant L1 recovery, then repeat the 3min steps again, followed by the warm-down.

Notes:

It will take you a few goes before you start in the right gear that's most comfortable for you. Remember, it is a recovery ride only. This is very good exercise for those tired or sore muscles from the ride on the previous day. (Helps flush out the Lactic Acid build-up).

Levels:

L1 Easy riding/easy gears. You should be able to talk, but not sing.

L2 Higher Cadence mid-level. Talking becomes difficult. Aerobic zone.

L3 High Cadence/bigger gear. One word sentences. Anaerobic threshold.

(see next page for more details - using a heart-rate monitor can give more detailed understanding of interval training)

Cadence Monitoring

Cadence is the amount of revolutions you do with the pedals in one minute (rpm). Most bike computers now come with a cadence monitoring device which you attach to the left crank. Don't have a bike computer? You can have someone stand next to you with a stopwatch and count how many revolutions you do in a minute. This will give you the understanding of roughly what cadence speed you are doing. You can increase or decrease your cadence to suit, but the recommended speed is around the 90rpm level. High cadence training helps improve your speed and sprinting ability (This will be handled on another sheet).

Heart Rate Training Zones

Heart rate training zones are calculated by taking into consideration your Maximum Heart Rate (MHR) and your Resting Heart Rate (RHR). Within each training zone, subtle physiological effects take place to enhance your fitness.

L1: The Energy Efficient or Recovery Zone - 60% to 70%

Training within this zone develops basic endurance and aerobic capacity. All easy recovery running should be completed at a maximum of 70%. Another advantage to running in this zone is that while you are happily fat burning you may lose weight and you will be allowing your muscles to re-energise with glycogen, which has been expended during those faster paced workouts.

L2: The Aerobic Zone - 70% to 80%

Training in this zone will develop your cardiovascular system. The body's ability to transport oxygen to, and carbon dioxide away from, the working muscles can be developed and improved. As you become fitter and stronger from training in this zone it will be possible to run some of your long weekend runs at up to 75%, so getting the benefits of some fat burning and improved aerobic capacity.

L3: The Anaerobic Zone - 80% to 90%

Training in this zone will develop your lactic acid system. In this zone, your individual anaerobic threshold (AT) is found - sometimes referred to the point of deflection (POD). During these heart rates, the amount of fat being utilised as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning this glycogen is lactic acid. There is a point at which the body can no longer remove the lactic acid from the working muscles quickly enough. This is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by pushing the AT higher.

L4: The Red Line Zone 90% to 100%

Training in this zone will only be possible for short periods. It effectively trains your fast twitch muscle fibres and helps to develop speed. This zone is reserved for interval running and only the very fit are able to train effectively within this zone.