

Roller Training

Basic intervals to help improve recovery time

Duration: 35 minutes

Time:	Description:	Cadence:
10 mins	Warm-ups L1-L2	(90-100rpm)
6 x 3min reps:		
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)
1 min	Interval L3	(120-130rpm)
2 min	Resting - recovery L1	(90rpm)

Warming down:

3 min	Steady riding L2	(90-100rpm)
4min	Easy riding - steadily slowing down	(80-90rpm)

Stop.

For a longer training session, replace the last 7 minutes with a 10 minute L1 recovery, then repeat the 6 x 3min reps again, followed by the warm-down.

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. Anerobict threshold.

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

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.