



TRACK CAT FITNESS

Super Fun

Power Building

Bike Session Sampler Packet

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BIKE DO OR DICE A Solo Bike Party Game

Props: 4 dice, a "party" hat & 4 scraps of paper numbered 1-5

Prep:

- Roll one dice. That is how many intervals you will do.
- Roll all 4 to determine the number of minutes to hold at threshold power.

If interval is too long OK to go to 90% or even 80% of FTP. If no power meter hold a hard effort where breathing is hard yet pace is consistent.

- Draw from a hat that has 4 pieces of paper in it labeled 1 – 5. The number selected is the minutes of the rest interval.

Warm up 10 to 20 minutes easy while wearing the party hat (optional).

With in the warm up ride into a higher intensity for 30 to 60 seconds 4 times with at least 1 minute of recovery between each to prep.

Main Set: LET THE GAME BEGIN!

Do as YOUR dice decided! :)

Example: First Dice rolled a 4, second roll of all four die added to 12, and you drew a 3 from the hat. Ride 12 minutes four times with 3 minutes of very easy spinning between each.

Cool Down: Spin easy for 5 minutes.

Refuel and rehydrate as soon as possible with in 30 minutes

Getting in hard intervals does not have to be precise and cookie cutter! It's also FUN! Roll the Dice!

Feel free to contact me at Kelly@trackcatfitness.com

It's the Climb(s)!

Warm Up

Ride 10 to 20 minutes easy

5 x 1 minute high cadence 95-110+ 1 minute choice cadence

3 minute easy to recover

Main Set

10 minutes steady aerobic (60%-75% of FTP) 8 to 15 x 1 min. in a big gear (50-65 RPM) with 1 min. choice RPM between each. This should be a hard effort.

The 1st time do this at 80% FTP. As you repeat this session over time you can progress 105% of FTP.

Cool Down

Spin easy for 5 minutes.

Notes

Refuel and rehydrate as soon as possible within 30 minutes of completing this intense session.

Pay attention to knees during big gear work and increase cadence first then reduce power/intensity if there is any discomfort.

RPM= revolutions per minute.

Tip: Count your pedal strokes for 15 seconds and multiply by 4 if you do not have a computer with cadence displays.



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Contact us at Trackcatfitness.com to find out how we can help you Attack Your Goals this season!



HEAR ME ROAR RIDE

Warm Up

10 to 15 minutes easy spinning to loosen up
1 minute moderate to hard, 1 minute easy 1 minute hard, 1
minute easy 1 minute hard, 1 minute easy
3 minutes easy spinning

Main Set

12 minutes hard (85-95% FTP for power meter users)
4 minute recovery spin easy
15 minutes hard (85-95% FTP for power meter users) straight
into the "Hear Me Roar" minutes.
"Hear Me Roar": after the last minute of the 2nd interval push
the intensity into a higher intensity (105% of FTP) for as long
as you can for up to 3 minutes.

Cool Down

5 to 10 minute spin as needed

Refuel and rehydrate as soon as possible with in 30 minutes of
completing this intense session.

If you are not YET fit enough to hold this effort for shorten the duration
or the intensity of the main set and build to being able to complete this
over several sessions.

Contact us at www.trackcatfitness.com to find out how we can help
you get the results YOU want!

Thank you so much for your interest in a few of our bike sessions.

This is just a sample of all of the limitless fun we can have on the bike to make you stronger & turn you into a cycling animal!

I would love to hear how these went or answer any questions you have! If you would like guidance on how to incorporate these into a training plan and get the results you're after contact me!

Please let me know how I can help you at Kelly@trackcatfitness.com

Fine Print: Contact physician before starting the program.

This is not a training plan.

Contact us and we can help you with a plan!



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