



## **Training for Sportives to help you boost fitness and complete the distance - intervals**

The thing to do with all your exercising or training is to make it specific. This way, you will maximise the benefits, cut training time and ensure that you are working specific muscle groups and body systems.

I've outlined one training plan for on bike training, one for core training, one for off-bike leg training, one for stretches and one for upper body training. Ideally, these should be periodised and tailored to you and your event/fitness levels but these are a good guide for people taking on a ride when they are not especially used to it. A mix of these training types will boost your fitness, endurance and strength and, when combined with appropriate nutrition, can help to lose weight if that is an objective.

### **On bike training**

The best way to get a good return for your time on the bike training, is to do some interval training. This is an excellent way of stressing the muscles and cardio vascular system and encouraging these systems to adapt to the stresses you're placing on them.

If I had to choose 1 interval training session to do to boost fitness and endurance, it would be Tabata intervals. Ideally you should do these on a turbo trainer at home or a static bike in a gym. If you feel confident enough, the open roads are fine but, do be aware of the traffic, pedestrians, rules of the road and, the potholes!

You need to know your limits and make sure you feel strong enough for this so build up to it. Don't go all out and hurt yourself. You can even start at a lower intensity and increase this as you get stronger and fitter.

I use % of maximum effort to describe how hard to push. If you imagine that 90-95% effort is all out war - you cannot really speak and if you can, it's only a word at a time in between breaths - it's a good place to start. 80% might be the odd sentence. 70% is nearly hold a conversation. 50-60% effort is holding a conversation whilst training.

**Tabata:** essentially this is a 4 minute effort within a longer training ride. When you want a longer session, you can add in a second Tabata session but start with just one. A 4

minute session consists of 8 efforts of 20 seconds at about 90-95% effort followed by a 10 second easy spin at 60% - repeated 8 times making 4 minutes.

**Session:**

Session	Time	Effort
Warm up	10 mins	Increasing to about 70%
Push	3 mins	65-75%
Push	3 mins	75-80%
Tabata	4 mins	90-95%
Recovery	4 mins	60-65%
Push	4 mins	75%
Warm down	7-10 mins	Down to 30%
	<b>35-38 mins total</b>	

**Longer session:**

Session	Time	Effort
Warm up	10 mins	Increasing to about 70%
Push	3 mins	65-75%
Push	3 mins	75-80%
Tabata	4 mins	90-95%
Recovery	4 mins	60-65%
Push	4 mins	75%
Push	3 mins	75-80%
Tabata	4 mins	90-95%
Recovery	4 mins	60-65%
Warm down	7-10 mins	Down to 30%
	<b>46-49 mins</b>	

Warming down is as important as warming up. Warming down removes waste products from the muscles and helps return blood from the legs to the rest of the body. This

prevents blood pooling and can prevent feeling faint and even fainting. This all helps to prepare you for your next training session.

Remember a drink and heart rate monitor if you use one and, before starting any training regime, if you have a concern, historical injury or medical condition, seek medical advice **before** starting.

Finally, when you're cooled down or, like I do, in the evening before bed, gently stretch the muscles used.

If you would like to discuss fitness training, training plans, support, motivation or advice, get in touch. I'd be delighted to help you get where you're going. Faster.

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