

10 MILE TT TRAINING PLAN

WITH JOANNA ROWSELL SHAND
& EDDIE FLETCHER

wattbike



INTRODUCTION



I have written this plan with Wattbike Sport Scientist Eddie Fletcher to help cyclists improve their fitness with the aim of going faster against the clock.

Included within this plan are some sessions I regularly use myself, some of which helped me on the way to my British National Time Trial Championship win in 2013.

The plan is particularly suited to those who have limited time to train and by training with power and heart rate on a Wattbike you can be sure that you'll be training at just the right intensity for maximum performance gains.

Good luck and enjoy.

A handwritten signature in black ink that reads "Joanna Rowsell Shand".

JOANNA ROWSELL SHAND
OLYMPIC, WORLD, EUROPEAN, COMMONWEALTH CHAMPION.



Welcome to the Wattbike 10 mile TT training plan. The benefit of using the Wattbike to compliment your outdoor rides is immense. From a simple Wattbike test, you can determine your power and heart rate training zones and then train with structure and precision. Training will be at the correct power, heart rate, resistance (gear) and cadence needed to get the training stimulus and progressive improvement needed to optimise your 10 mile TT performance.

Don't forget that each training workout consists of a warm up, an amount of specific work and a cool down. Try not to neglect any of these elements. Warm up will prepare the body to perform and cool down returns the body to normal quickly. This aids overall recovery and ensures the body is ready for the next workout.

I wish you every success, more power and speed to you!

A handwritten signature in black ink that reads "Eddie Fletcher".

EDDIE FLETCHER
WATTBIKE SPORT SCIENTIST

WHO IS THIS PLAN FOR?

- Experienced cyclists training regularly for at least 12 months
- Specific 10 mile time triallists
- Triathletes (sprint triathlon preparation)
- Cyclists wanting to increase threshold/sustained power

HOW TO ESTABLISH YOUR INDIVIDUAL TRAINING ZONES

To use this plan establish your training zones using one of the Wattbike specific tests to establish individual training zones:

- 3' aerobic
- Submaximal ramp
- Maximal ramp
- 20' Threshold

As you improve you may need to reset your training zones.

THE PLAN

The plan assumes a good level of base fitness. It's a 12 week plan, weeks 1-8 are in two 4 weeks blocks comprising a light, medium, hard and light week. Duration and intensity builds over each phase.

Weeks 9-12 include a taper leading to your first 10 mile time trial.

Each phase is a mix of base endurance building with long rides in zones 1-3 and specific Wattbike interval workouts building through zones 3-5 as the weeks' progress.

Try not to miss any workouts but do be aware of fatigue building up, if feeling tired, rest. Rest is good and will help recovery.

Similarly, if ill stop training immediately and do not recommence the plan until fully recovered, start with a light week or reduced number of workouts.

Good luck!

WEEK 1

SESSION	OUTDOOR	WATTBIKE
1	2-2.5 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 10' at 95 rpm mid Z3-Z4 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1.5-1.75 hrs on flat road 15' easy, then 1-1.25 hrs at low Z3, 15' easy	
4	Rest day	
5	2-2.5 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 10 x 2' on/1' off at mid Z4-Z5 2' at 100 rpm, 1' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 2

SESSION	OUTDOOR	WATTBIKE
1	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 15' at 95 rpm mid Z3-Z4 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1.75-2 hrs on flat road 15' easy, then 1.25-1.5 hrs at low Z3, 15' easy	
4	Rest day	
5	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 7 x 3' on/2' off at mid Z4-Z5 3' at 100 rpm, 2' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 03-04

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WEEK 3

SESSION	OUTDOOR	WATTBIKE
1	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 4 x 10' at 95 rpm mid Z3-Z4 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	2-2.25 hrs on flat road 15' easy, then 1.5-1.75 hrs at low Z3, 15' easy	
4	Rest day	
5	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 5 x 4' on/2.5' off at mid Z4-Z5 4' at 100 rpm, 2.5' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 4

SESSION	OUTDOOR	WATTBIKE
1	2-2.5 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 10' at 95 rpm mid Z3-Z4 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1.5-1.75 hrs on flat road 15' easy, then 1-1.25 hrs at low Z3, 15' easy	
4	Rest day	
5	2-2.5 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 10 x 2' on/1' off at mid Z4-Z5 2' at 100 rpm, 1' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	



WEEK 05-06

WEEK 5

SESSION	OUTDOOR	WATTBIKE
1	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 15' at 95-100 rpm at Z4 (bottom of Z4) 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1.75-2 hrs on flat road 15' easy then 1.25-1.5 hrs at low Z3, 15' easy	
4	Rest day	
5	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 7 x 3' on/2' off at Z5 (bottom of Z5) 3' at 105 rpm 2' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 6

SESSION	OUTDOOR	WATTBIKE
1	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 4 x 10' at 95-100 rpm at Z4 (bottom of Z4) 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	2-2.25 hrs on flat road 15' easy then 1.5-1.75 hr at low Z3, 15' easy	
4	Rest day	
5	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 5 x 4' on/2.5' off 105 rpm at Z5 (bottom of Z5) 4' at 105 rpm 2.5' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 07-08

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WEEK 7

SESSION	OUTDOOR	WATTBIKE
1	2.75-3.25 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 20' at 95-100 rpm top Z3-Z4 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	2.25-2.5 hrs on flat road 15' easy then 1.75-2 hrs at low Z3, 15' easy	
4	Rest day	
5	2.75-3.25 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 5 x 5' on/3' off at Z5 (bottom of Z5) 5' at 105 rpm, 3' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 8

SESSION	OUTDOOR	WATTBIKE
1	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 15' at 95-100 rpm at Z4 (bottom of Z4) 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1.75-2 hrs on flat road 15' easy then 1.25-1.5 hrs at low Z3, 15' easy	
4	Rest day	
5	2.25-2.75 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 7 x 3' on/2' off at Z5 (bottom of Z5) 3' at 105 rpm 2' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	



WEEK 09-10

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WEEK 9

SESSION	OUTDOOR	WATTBIKE
1	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 2 x 20' at 95-100 rpm Z4 (bottom of Z4) 5' easy pedalling in between intervals at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	2-2.25 hrs on flat road 15' easy then 1.5-1.75 hrs at low Z3, 15' easy	
4	Rest day	
5	2.5-3 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up 5 x 5' on/3' off at top Z5, 5' at 105-110 rpm 3' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	

WEEK 10

SESSION	OUTDOOR	WATTBIKE
1	2.75-3.25 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
2		20' warm up, then 1 x 20' at 95-100 rpm top Z4 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	2.25-2.5 hrs on flat road 15' easy then 1.75-2 hrs at low Z3, 15' easy	
4	Rest day	
5	2.75-3.25 hrs road ride mixed terrain mainly Z1-Z2 (occasional drift into Z3)	
6		20' warm up, then 6 x 5' on/3' off at top Z5 5' at 105-110 rpm, 3' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
7	Rest day	



WEEK 11-12

WEEK 11

SESSION	OUTDOOR	WATTBIKE
1	2 hrs road ride mixed terrain mainly Z1-Z2 easy	
2		20' warm up, then 7 x 5' on/3' off at top Z5 5' at 105-110 rpm, 3' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	Rest day	
4	1.5 hrs on flat road 15' easy then 1 hrs at low Z3, 15' easy	
5	2 hrs road ride mixed terrain mainly Z1-Z2 easy	
6		20' warm up then 15' at Z2 90 rpm with 5" sprints every minute (minutes 2-14 at very high cadence rpm 130 +)
7	Rest day	

WEEK 12

SESSION	OUTDOOR	WATTBIKE
1	2 hr road ride mixed terrain mainly Z1-Z2 easy	
2		20' warm up, then 5 x 5' on/3' off at top Z5 5' at 110 rpm, 3' active recovery at 90 rpm (lower resistance to recovery zone) 10'-15' easy pedalling cool down 85-90 rpm at recovery zone
3	1 hr road ride mixed terrain mainly Z1-Z2 EASY	
4	Rest day	
5	Rest day	
6		20' warm up then 15' at Z2 90 rpm with 5" sprints every minute (minutes 2-14 at very high cadence rpm 130 +)
7	Race	



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