

E Endurance Workouts	F Force Workouts	S Speed Skill Workouts	M Muscular Endurance Workouts	A Anaerobic Endurance Workouts	P Power workouts
<p>E1A RECOVERY</p> <p>Stay in Zone 1 for the entire workout to allow for recovery from previous more stressful workout.</p>	<p>F1A WEIGHT TRAINING</p> <p>Lift weights, using exercises that closely mimic the movements of your sport.</p>	<p>S1A BASIC SKILLS</p> <p>Using basic drills appropriate for your event, work on fundamental, sport-specific skills, especially those that need improvement. The drills should be done in an exaggerated manner at a slow rhythm.</p>	<p>M1A TEMPO INTERVALS</p> <p>Warm up and then complete 30-90 minutes of work intervals in Zone 3. The work intervals are 12-20 minutes long with recovery intervals that are 1/4 as long. Gradually increase the amount of Zone 3 training time in this workout over the Base 1 and Base 2 periods.</p>	<p>A1A SHORT AEROBIC CAPACITY INTERVALS</p> <p>Warm up by ratcheting your heart rate up from Zone 1 to Zone 4, varying the effort with an interval or Fartlek format (See A3A FARTLEK below). Then alternate 30 seconds at aerobic capacity effort (RPE9), pace or power (heart rate responds too slowly to be effective for gauging intensity in this workout) Recover for 30 seconds after each work interval. Build to about 24 such intervals over a 3- to 4 week period. Be conservative as far as effort on the first few intervals. If you fade in the last few intervals, you probably started out too fast. End this workout with a short cool down in Zone 1.</p>	<p>P1A CP INTERVALS</p> <p>The purpose of this mainset is to improve your body's capacity for power development and to enhance its ability to recover by generating more creatine phosphate following sprints. Warm up gradually by increasing the intensity of the workout and raising your heart rate to Zone 3. Then once every 5 minutes of the mainset do a maximum effort (RPE 10) for 8-15 seconds. Do not allow good form to be compromised. If you begin to get sloppy or if power or velocity fades, stop the mainset and begin the cool-down. Do as many as 15 of these in a mainset. You may break the intervals into sets of 3 to 5 work intervals each, with 10 minutes of recovery between sets. Again - do not continue if form begins to break down. End this workout with a short cool-down in Zone 1.</p>
<p>E1B RECOVERY CROSS TRAIN</p> <p>In an endurance sport or activity other than your primary sport, exercise lightly in Zone 1. If you don't know the heart rate for this alternative sport, then use 1 (extremely easy) to 10 (extremely hard) perceived exertion scale and exercise below a level 4. This workout is especially recommended for runners.</p>	<p>F2A CROSS TRAIN FORCE</p> <p>Use an activity or sport other than your primary sport. Create a moderate amount of resistance in some way and vary heart rate from Zone 1 to Zone 3 throughout the exercise session. For example, fill a backpack with books and hike on hilly terrain. Or ride a bicycle in high gear so that you pedal with a low cadence.</p>	<p>S2A ADVANCED SKILLS</p> <p>Work on your sport's more advanced skills at a cadence and rhythm that is appropriate for your sport. For example, swimmers typically use a cadence of 45-55 cycles per minute, cyclists 80-100 and runners 85-95. These skills may include sprinting form for variable paced events such as bicycle road racing</p>	<p>M1B STEADY TEMPO</p> <p>Following warm-up, train steadily for 20 to 90 minutes in Zone 3. Slowly build from 20 minutes to a longer duration over several weeks.</p>	<p>A2A LONG AEROBIC CAPACITY INTERVALS</p> <p>Warm up by ratcheting your heart rate up from Zone 1 to Zone 4, varying the effort with an interval or Fartlek format (See A3A FARTLEK below). Immediately following the warm-up, complete 12-60 minutes total of work intervals that are each 2 to 4 minutes long. The recovery interval initially is as long as the preceding work interval. Over the course of several weeks the recovery intervals are slightly shortened to better simulate the event. As with all interval workouts, at the completion of this mainset you should feel like you could have done one more work interval. End this workout with a short cool down in Zone 1.</p>	<p>P2A POWER LACTATE INTERVALS</p> <p>Warm up gradually by increasing the intensity of the workout and raising your heart rate to Zone 3. Then do 5, 20- to 40-second, maximum effort (RPE 10) sprints with 3-minute recovery intervals.. That's one set. Do 1 to 3 such sets in a mainset with 10 minutes of easy recovery between sets. The duration of the work intervals and the number of sets depends on the demands of the event for which you are training. Start at the low end of each and add duration and sets as your fitness improves. This workout improves your capacity to maintain a high level of power even though acid is flooding the muscles. The long recoveries are necessary to remove most of the acid so that power may be near maximum for each work interval. End this workout with a short cool-down in Zone 1.</p>

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<p>E2A LOW AEROBIC THRESHOLD</p> <p>Following warm-up, maintain a steady effort in the lower half of your Zone 2 for 1 to 4 hours. The exact duration depends on your sport and the targeted time for your next A-priority event. Runners and swimmers should aim for 1-2 hours. If the duration of your A race falls between 1-2 hours, swim or run in lower Zone 2 for that amount of time. If greater than two hours, then swim or run 2 hours in lower Zone 2. If less than an hour, then swim or run 1 hour in lower Zone 2. For all other sports, the range is 2 to 4 hours, using the same method to determine workout duration as for running and swimming.</p>	<p>F2B SPORT-SPECIFIC FORCE</p> <p>In your primary sport, warm up and then exercise with some sort of resistance such as hilly terrain, wind, rough water, tethers, or drag devices. Emphasize muscular activity to overcome the resistance. This often means using a lower cadence than usual. Heart rate should fall and rise throughout the session, going no higher than Zone 4.</p>	<p>S3A WARM-UP SKILLS</p> <p>Rehearse the warm-up you will do before your next A-priority race. The warm-up should several seconds to several minutes at your goal race heart rate.</p>	<p>M2A CRUISE INTERVALS</p> <p>Warm up, raising your heart rate from Zone 1 to Zone 3 by varying the effort. Then complete a total of 30 to 60 minutes of work intervals that are 6 to 2 minutes long. The recovery intervals are 1/4 of the duration of the preceeding work interval. Whwe first doing cruise intervals, the work interval durations may descend (such as 12, 10 , 8, 6 minutes) to allow for gradual adaptation to longer times at this intensity. End this workout with a short cool down in Zone 1.</p>	<p>A2B HYDROGEN STACKER</p> <p>Warm up by ratcheting your heart rate up from Zone 1 to Zone 4, varying the effort with an interval or Fartlek format. This is a very challenging workout that creates extremely high levels of acidosis. If you do short but but fast endurance events such as bicycle criterium racing, however, this mainset will develop the capacity to remove and buffer the acid, allowing you to continue pushing the effort. Here's how it's done: Do 4, 20-40 seconds, near maximum effort (RPE 10) sprints with 20 second recovery intervals. That is 1 set. Do 1-3 such sets in a mainset with 5 minutes of very easy recovery (passive and active) between sets. The duration of the work intervals and the number of sets depends on the demands of the event for which you are training. Start at the low end of each and add duration and sets as your fitness improves. End this workout with a short cool-down in Zine 1. Do not do this workout unless you are an experienced and very fit athlete with a low risk for cardiovascular disease. It is extremely stressful. One of these in a week is plenty. Allow at least 3 days of recovery afterward.</p>	<p>P3A PARTNER SPRINTS</p> <p>Do P2A with a training partner with similar power ability.</p>
<p>E2B HIGH AEROBIC THRESHOLD</p> <p>This workout is exactly the same as E2A, except that you should use the upper half of of your Zone 2. E2A should be done several times before progressing to E2B.</p>			<p>M2B CRUISE STEADY STATE</p> <p>Warm up, raising your heart rate from Zone 1 to Zone 3 by varying the effort. Train steadily in Zone 4 for 20-30 minutes. This is an advanced workout that is best done following theestablishment of good Zone 4 fitness with cruise intervals. End this workout with a short cool down in Zone 1.</p>	<p>A3A FARTLEK</p> <p>This is mostly an unstructured workout done at all intensities. Warm up by gradually increasing the intensity of the workout and raising your heart rate to Zone 3. The "play" with speed (in Swedish the word for speedplay is fartlek) by varying both the intensity and the duration of the high and low intensities. The intensity may be as high or low as you feel like going any given day. The duration of the speedplay portions and how long the workout lasts is unstructured and done strictly based on how you feel on the day of the workout. End this workout with a short cool-down in Zone 1.</p>	

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			M3A THRESHOLD CRUISE INTERVALS These are the same as M2A cruise intervals except the intensity builds into Zone 5a as the work interval progresses.	A3B GROUP WORKOUT Do your workout with a group of training partners. In the Base period the intensity of this workout should stay below Zone 5a with a considerable amount of time accumulated in Zones 2, 3 and 4. Stay away from groups at this time of year that like to "hammer". Such training is counterproductive in the Base period. In the Build and Peak periods, use this workout to simulate race conditions and use appropriate heart rate zones based on your goal intensities for your next A-priority event.	
			M3B THRESHOLD CRUISE STEADY STATE This is done the same as M2B, but the heart rate and intensity are allowed to increase into Zone 5a in the latter minutes of each work interval.	A4A SHORT RACE SIMULATION (VARIABLY PACED EVENTS) Warm up well by raising your heart rate to Zone 3 before starting the mainset. Then simulate a small portion of your next A-priority, steady state event with an emphasis on the proper heart rate zone intensity. You may consider using this workout to simulate pacing at various times at the event, goal power levels, terrain, race equipment and clothing, weather conditions such as heat and humidity, race strategy or tactics, and refuelling plans. Consider focusing especially on portions of the race plan about which you are unsure. This may be a group workout.	

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			M4A SHORT RACE SIMULATION (STEADY STATE EVENTS) Warm up well by raising your heart rate to Zone 3 before starting the main set. Then simulate a small portion of your next A-priority, steady state event with an emphasis on the proper heart rate zone intensity. You may consider using this workout to simulate pacing at various times in the event, goal power levels, terrain, race equipment and clothing, weather conditions such as heat and humidity, race strategy or tactics, and refuelling plans. Consider focusing especially on portions of the race plan about which you are unsure.	A4B LONG RACE SIMULATION (VARIABLELY PACED EVENTS) This workout is the same as A4A except it is longer and focuses on a bigger portion of the A-priority event. The simulation portion of the workout could be as long as half the targeted duration of your event. This may also be a group event.	
			M4B LONG RACE SIMULATION (STEADY STATE EVENTS) This workout is the same as M4A except it is longer and focuses on a bigger portion of the A-priority event. The simulation portion of the workout could be as long as half the targeted duration of your event.		
			M4C CRISS-CROSS Warm up, raising your heart rate from Zone 1 to Zone 3 by varying the effort. Then exercise continuously for 12 to 30 minutes by allowing the heart rate to rise and fall between lower Zone 4 and Zone 5a, as you feel like doing. This is essentially a free form workout done around the lactate threshold. End this workout with a short cool-down in Zone 1.		