

Guide to Using Athlete Lab – *What sessions should I do?*

To help you get the most out of your training, the Athlete Lab Coaching Team have put together a recommended Session Guide. The guide will help you select the right sessions depending on your training goals or upcoming events. You should find that you now fall into a “Rider Type” which links to your goals. Rider types have been summarised into four categories: Long distance; Middle distance; Short distance; and Overall fitness.

Rider Type	Events	Recommended Sessions (Based on 3-4 sessions p/wk)
Overall Fitness	<ul style="list-style-type: none"> • Weight Loss • Social rides • Charity rides • Improve base fitness 	2 x Ironmania 2 x Threshold <i>or</i> SSE* (x1 if 3 p/wk) (1 x ride outdoors 1-2hrs)
Long Distance (Over 2 hours duration)	<ul style="list-style-type: none"> • Ironman/70.3 • Sportives • Multi-stage rides • Long road races/club rides • Improve endurance 	2 x Ironmania (x1 if 3 p/wk) 1 x Super Strength Endurance (SSE) 1 x Threshold Booster (1 x long ride outdoors 3hrs+)
Middle Distance (Up to 2 hours duration)	<ul style="list-style-type: none"> • Olympic Triathlon • Time Trials • Sportives • Short road races • Improve FTP 	2 x Threshold Booster <i>or</i> SSE (x1 if 3 p/wk) 1 x Ironmania 1 x HIIT <i>or</i> Power House (1 x ride outdoors 2hrs+)
Short Distance (Up to 1 hour duration)	<ul style="list-style-type: none"> • Sprint Triathlon • Crit racing • Track racing • Improve overall speed 	2 x HIIT (x1 if 3 p/wk) 1 x Power House 1 x Threshold Booster (1 x ride outdoors/track 1-2hrs)

*SSE = Super Strength Endurance

This table will give you the sessions that should form the basis of your training at Athlete Lab.

Completing the Functional Threshold Power (FTP) Test

Power is the most effective form of measuring output. We recommend new members undertake an ‘FTP’ test as soon as possible before starting their program. The result of this test will give you a number in watts that is sustainable over 1 hour – your ‘FTP’. Once you have completed the test you will be able to train to an accurate percentage of power (and heart rate) and this will determine the intensity of each session. The test includes a short warm up followed by a 20 minute effort at 2% gradient. Your average power over 20 minutes is calculated and multiplied by 95% to determine your FTP.

Athlete Lab Session Descriptions – *What do our sessions achieve?*

The sessions we offer at Athlete Lab are designed to work at different training zones, as advised by Shane Sutton, British Cycling Performance Director and Head of Coaching at Athlete Lab. Each training zone refers to a different level of intensity based on a percentage of power, heart rate, rate of perceived exertion and interval duration. Each zone will have a different effect on the body, so it is important to structure your training accordingly and include appropriate recovery.

There are five key sessions on the schedule, each lasting from 45min-1hour in duration and varying in structure. Underneath each colour-coded session is a brief description of what it is achieving and the typical improvements you can expect to gain from them.

Session Title	Zone	FTP %	MHR %	RPE	Interval Duration
Ironmania	2	56-75%	<65%	1-3	10-30min
<i>Can be used as a lower intensity session with reduced FTP – spinning the legs out with a lower heart rate Improves: Base fitness, aerobic capacity, preparation for next session</i>					
Ironmania	3	76-90%	66-75%	4-6	10-30min
<i>Longer sustainable aerobic efforts at a tempo pace Improves: Aerobic capacity, pedalling efficiency, muscle glycogen storage, weight loss</i>					
Super Strength Endurance	4	91-100%	76-85%	5-7	10-20min
<i>Aerobic efforts around FTP focusing on building bike specific strength Improves: Aerobic capacity, lactate threshold, strength, climbing ability, pedalling efficiency</i>					
Threshold Booster	4	95-105%	76-85%	6-8	10-20min
<i>Longer intervals just below and above FTP (threshold) requiring sustained leg effort Improves: Lactate threshold, sustainable race-pace power, cardiac output, pedalling efficiency</i>					
Power House	5	106-120%	> 85%	7-9	3-8min
<i>Shorter intervals at a sustained pace above threshold Improves: Oxygen consumption (Vo2 Max), cardiac output, lactate threshold, acceleration</i>					
HIIT Hurt Box	6-7	> 120%	Max	8-10	10sec – 3min
<i>Short burst sprint intervals up to all-out effort, with high repetition and short recovery time Improves: Anaerobic capacity, explosive power, top end speed, acceleration, higher cadence</i>					

MHR = Max Heart Rate

FTP = Functional Threshold Power

RPE = Rate of Perceived Exertion

You will often hear Training zones mentioned by our Coaches and it is important to understand what these mean.

Training Zone Descriptions – *What do the numbers mean?*

Zone	MHR % Range	FTP % Range	Type	RPE	Physiological Effects
1	< 55%	< 55%	Recovery – Very Very Light	1	Extremely easy, minimal effort required, not sweating, social pace or warm up spinning
2	56 - 65%	56 – 75%	Base Endurance – Light	2-3	Feels like can maintain for hours. Easy to breath and carry conversation
3	66 - 75%	76 – 90%	Tempo – Moderate	4-6	Can maintain for long duration, breathing becoming deeper but can maintain comfortable conversation
4	76 - 85%	91 – 105%	Threshold – Hard	6-8	Short of breath, becoming uncomfortable, continuous conversation difficult at best.
5	86 - 99%	106 – 120%	Vo2 Max – Very Hard	7-9	Difficult to maintain, very hard to breath, don't want to talk. Longer recovery needed.
6	NA	> 120%	Anaerobic – Extremely Hard	8-10	Completely out of breath, can't talk. Longer cool down and substantial recovery needed.
7	NA	NA	Neuromuscular – All Out	NA	All-out effort

If you have any further questions about your training or FTP test please speak to one of our coaches.

Thanks,

The Athlete Lab Team.