

# TRAINING WORKOUTS

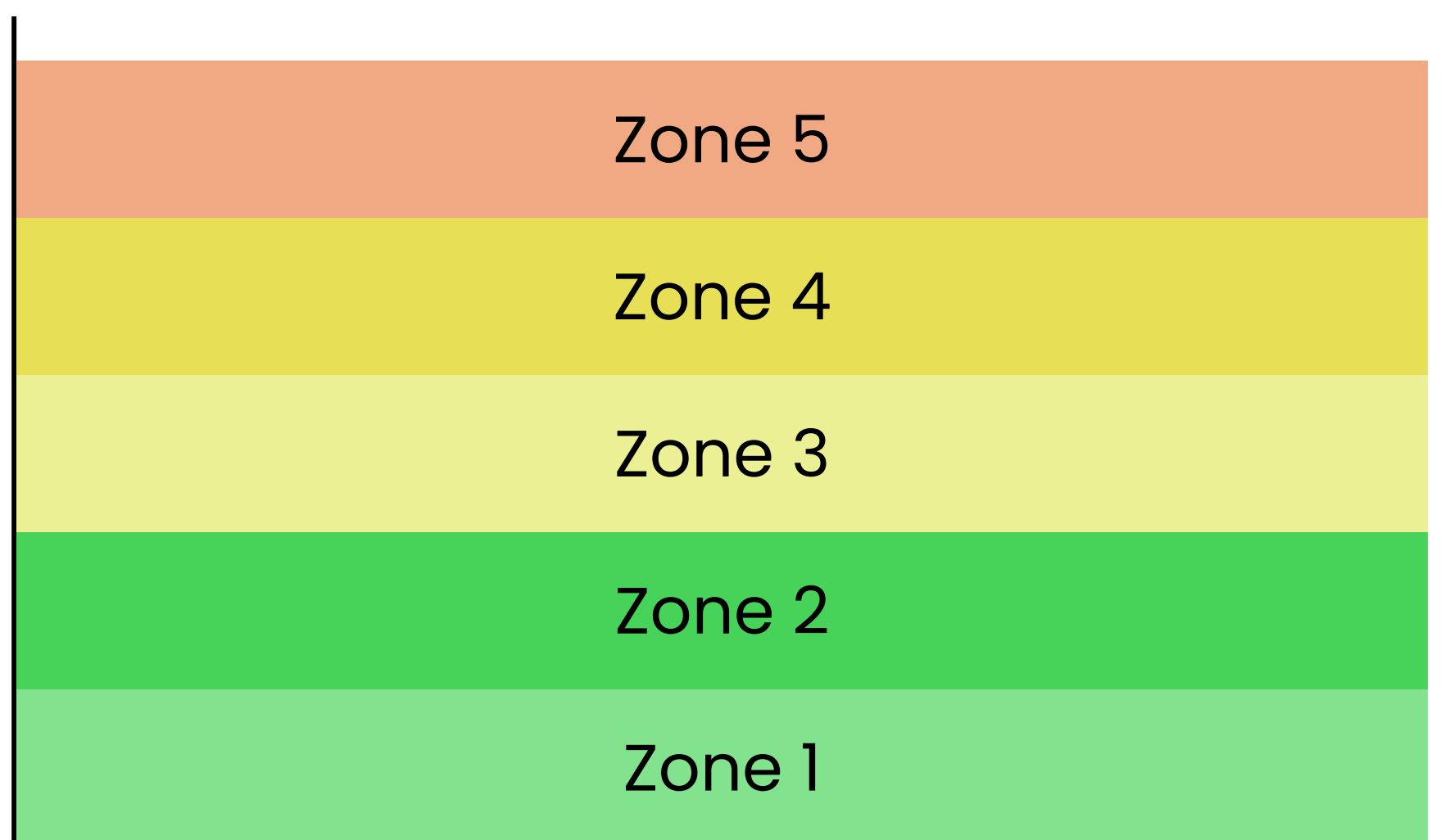


**All Disciplines**

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Jonathan Melville

# Training Zones

To understand the workout details you will need to understand the training zones the workouts are based on. All workouts are based off a percentage of the second threshold (you can get this from the FTP, Critical Swim Speed and Running Threshold test - typically in the first week of your plan).

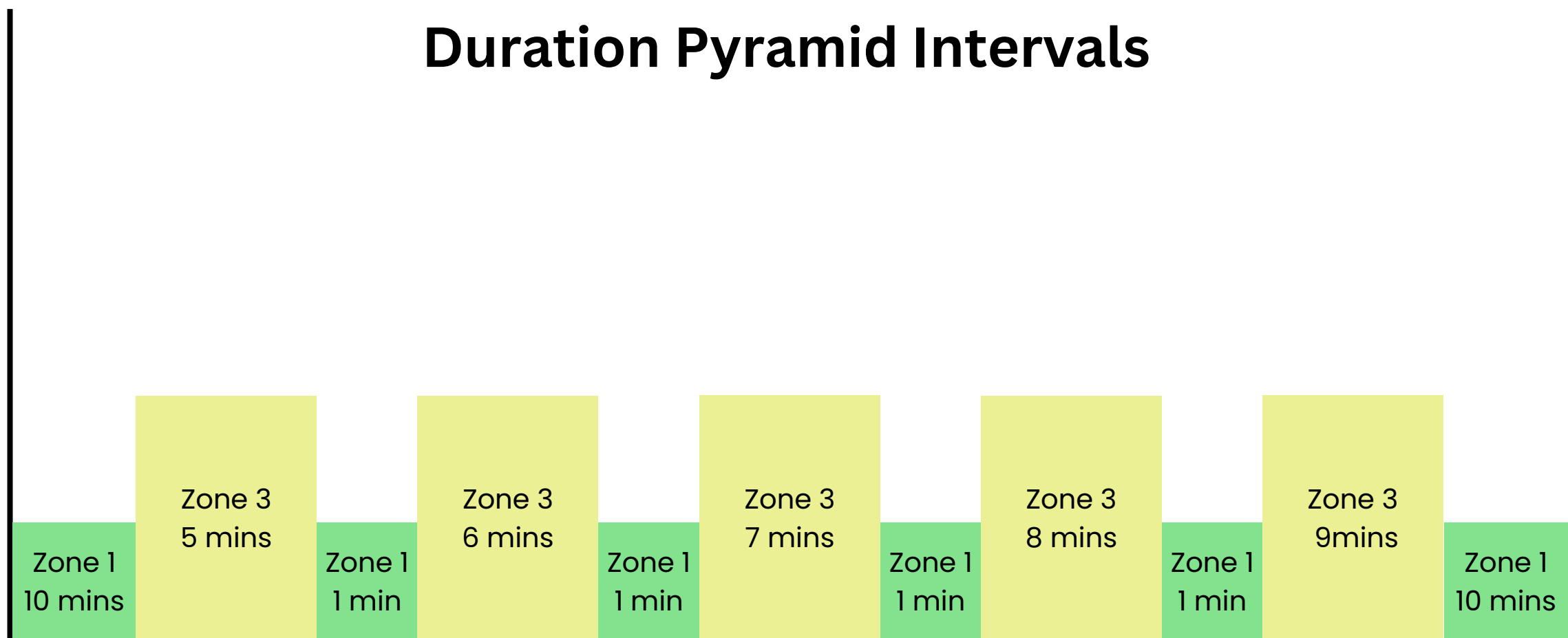


The workouts use a 5 zone model. The upper boundary of zone 4 is your roughly threshold. Zone 1 and 2 are the ‘low intensity’ zones where you are using mainly fats instead of carbohydrates. See the table below for details of the training zones boundaries (THR = Threshold Heart Rate).

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
<b>Bike</b>	< 50% of FTP < 68% of THR	56-75% of FTP 69-83% of THR	76-90% of FTP 84-94% of THR	91-105% of FTP 95-105% of THR	> 106% of FTP > 106% of THR
<b>Run</b>	< 70% of THP < 80% of THR	71-80% of THP 71-80% of THR	81-90% of THP 81-90% of THR	91-100% of THP 91-100% of THR	> 101% of FTP > 101% of THR

# Tempo Workouts

## Duration Pyramid Intervals

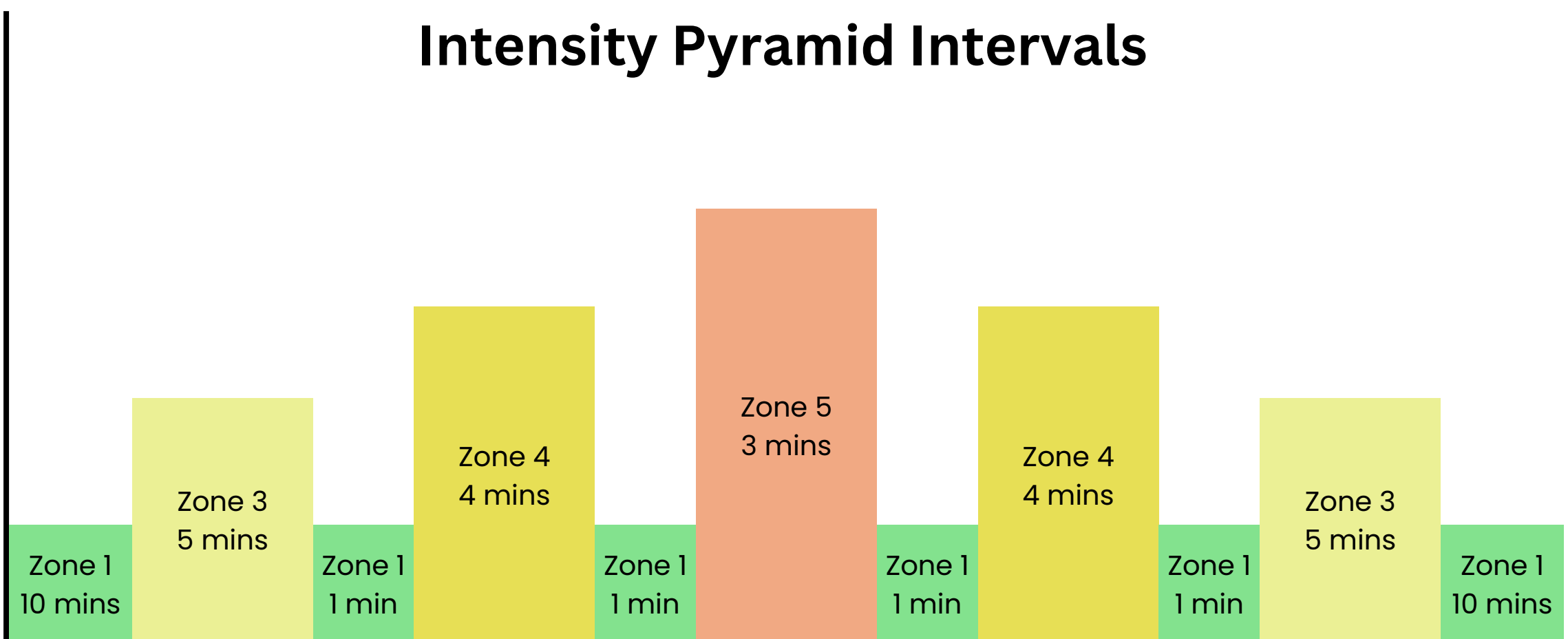


Phase: (#1) Preparation

Difficulty: Intermediate

**Aim:** These intervals are a great progression from the traditional intervals where each interval is of the same duration. If you have an event with a long duration when these can help improve your fatigue resistance.

## Intensity Pyramid Intervals



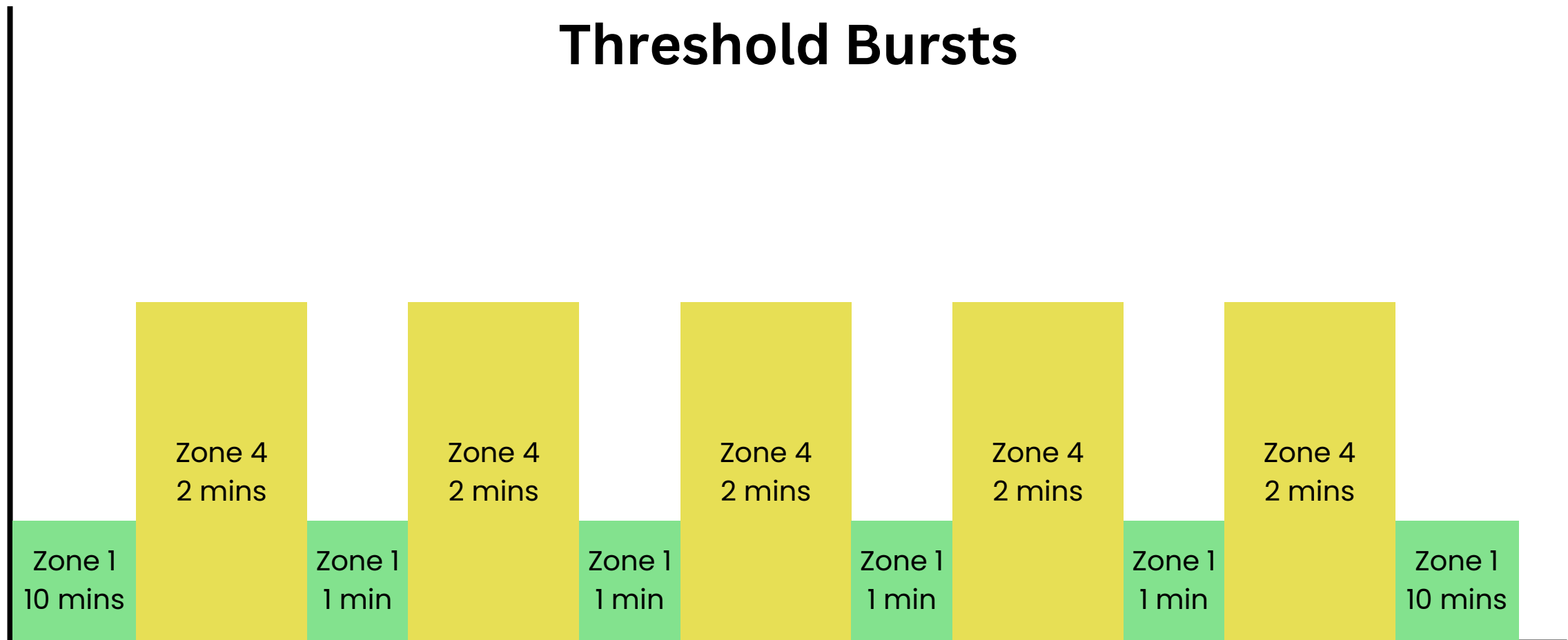
Phase: (#2) Pre-Competition

Difficulty: Intermediate

**Aim:** When you are ready to progress from all intervals being completed at the same intensity, this workout is a great progression. This is also a great way of introducing higher intensities to the body without overworking to soon.

# Threshold Workouts

## Threshold Bursts

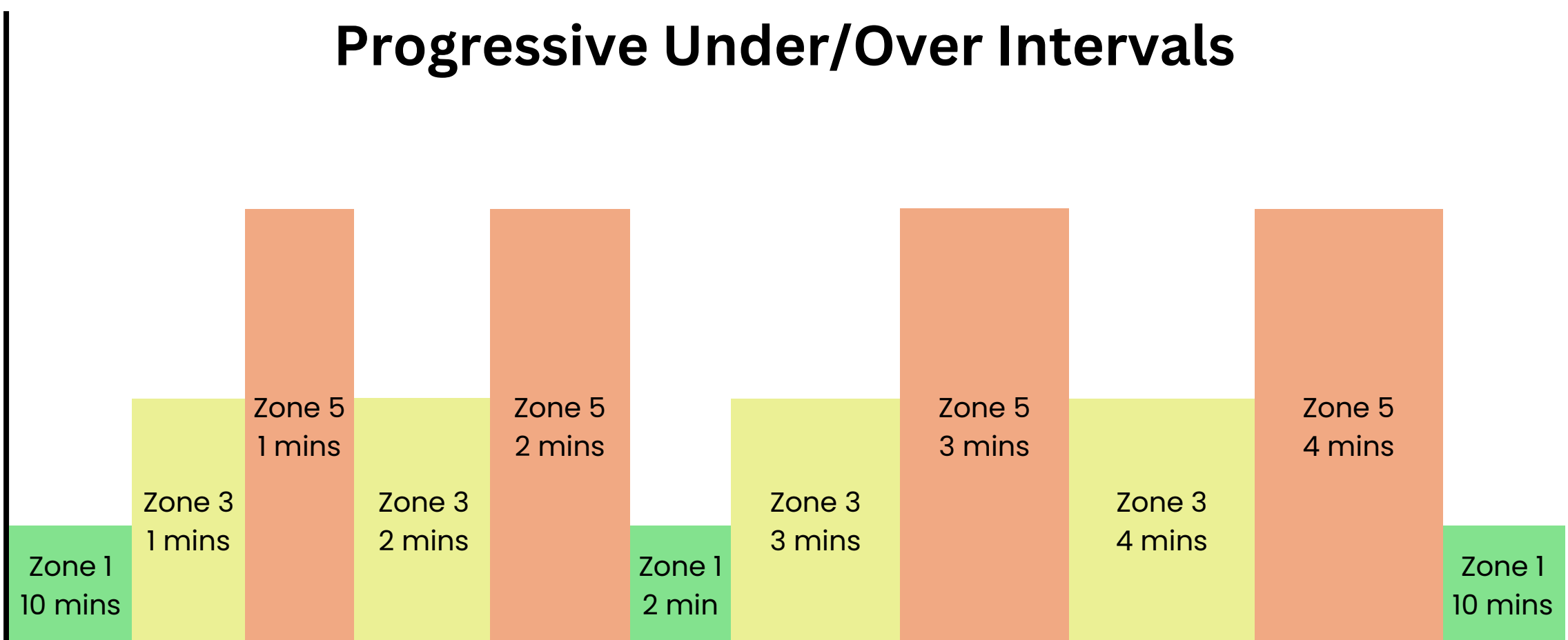


Phase: (#2) Pre-Competition

Difficulty: Beginner

**Aim:** If you are new to threshold intervals or are a beginner start out with these 2 minute reps in zone 4. As you get fitter and find you are recovering quicker between reps increase the duration in 30-60 second increments.

## Progressive Under/Over Intervals

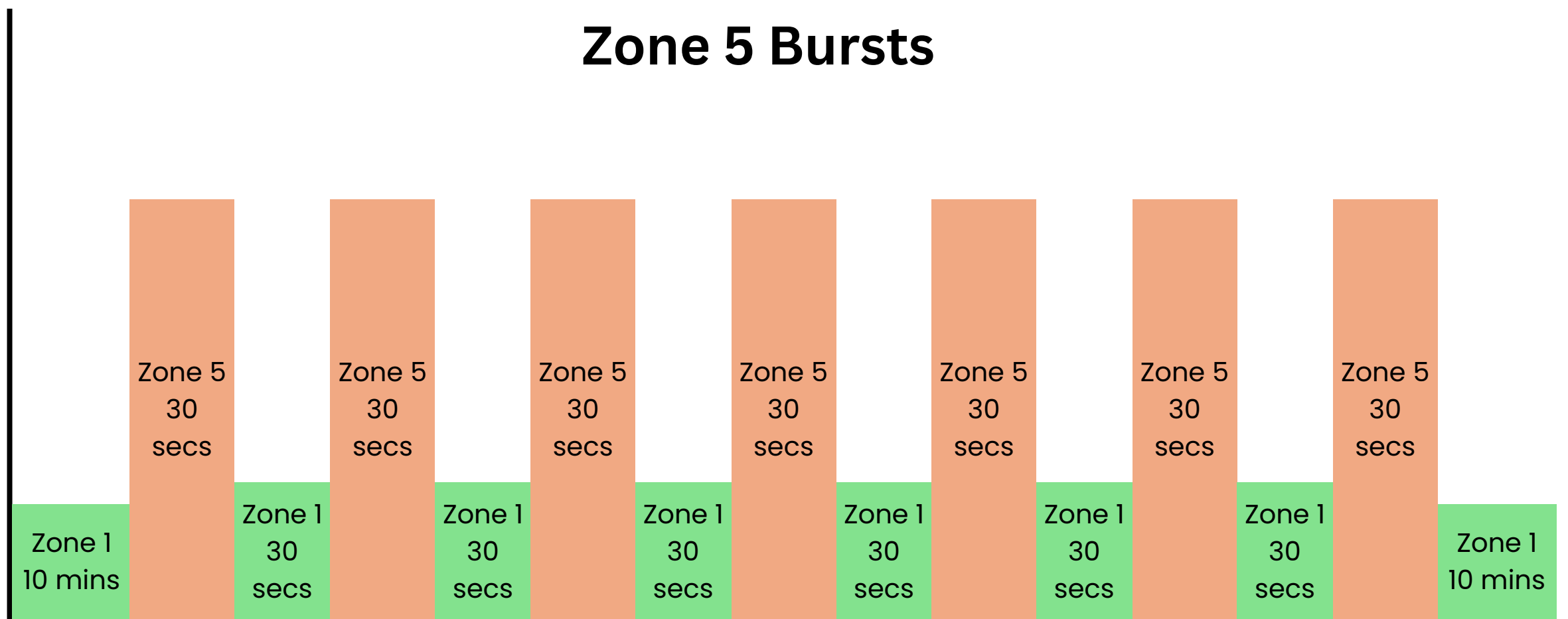


Phase: (#3) Competition

Difficulty: Advanced

**Aim:** Under/over intervals are already quite hard, however, these intervals take it a step further. Each under/over block increases in duration. You can start out with 30 second block if the above progression is too hard.

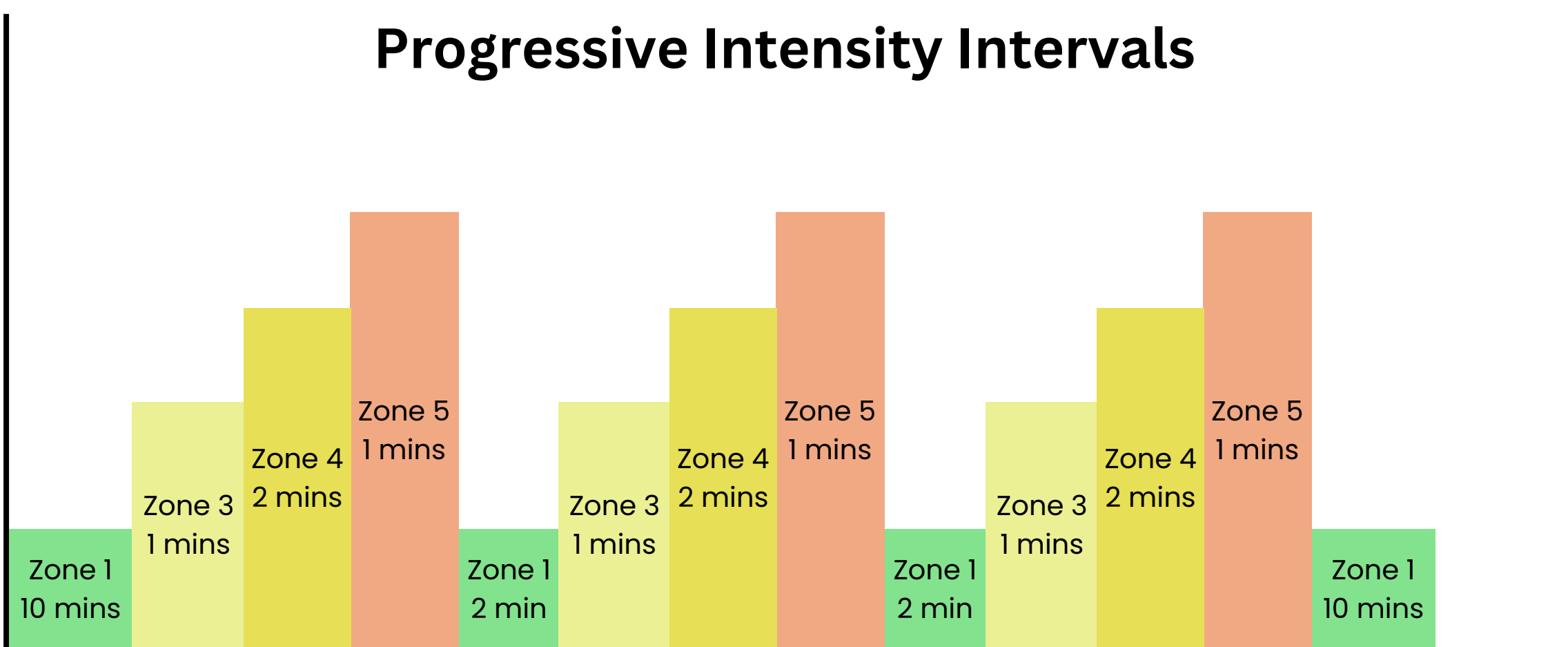
# Zone 5 Intervals



Phase: (#2) Pre-Competition

Difficulty: Beginner

**Aim:** These intervals may seem easy because of the short interval duration, however, you will find your heart rate remains in zone 4/5 for the full duration of the block, making these quite demanding. A good progression would be increasing the number of reps.



Phase: (#3) Competition

Difficulty: Advanced

**Aim:** The hardest part of these blocks is the final zone 5 rep. This is designed to help you produce your highest power when you are already fatigued. Progress this workout by increasing the number of ramp blocks.

