



WORKOUTS FOR TIME LIMITED ATHLETES



Get access to
TrainingPeaks
workout files

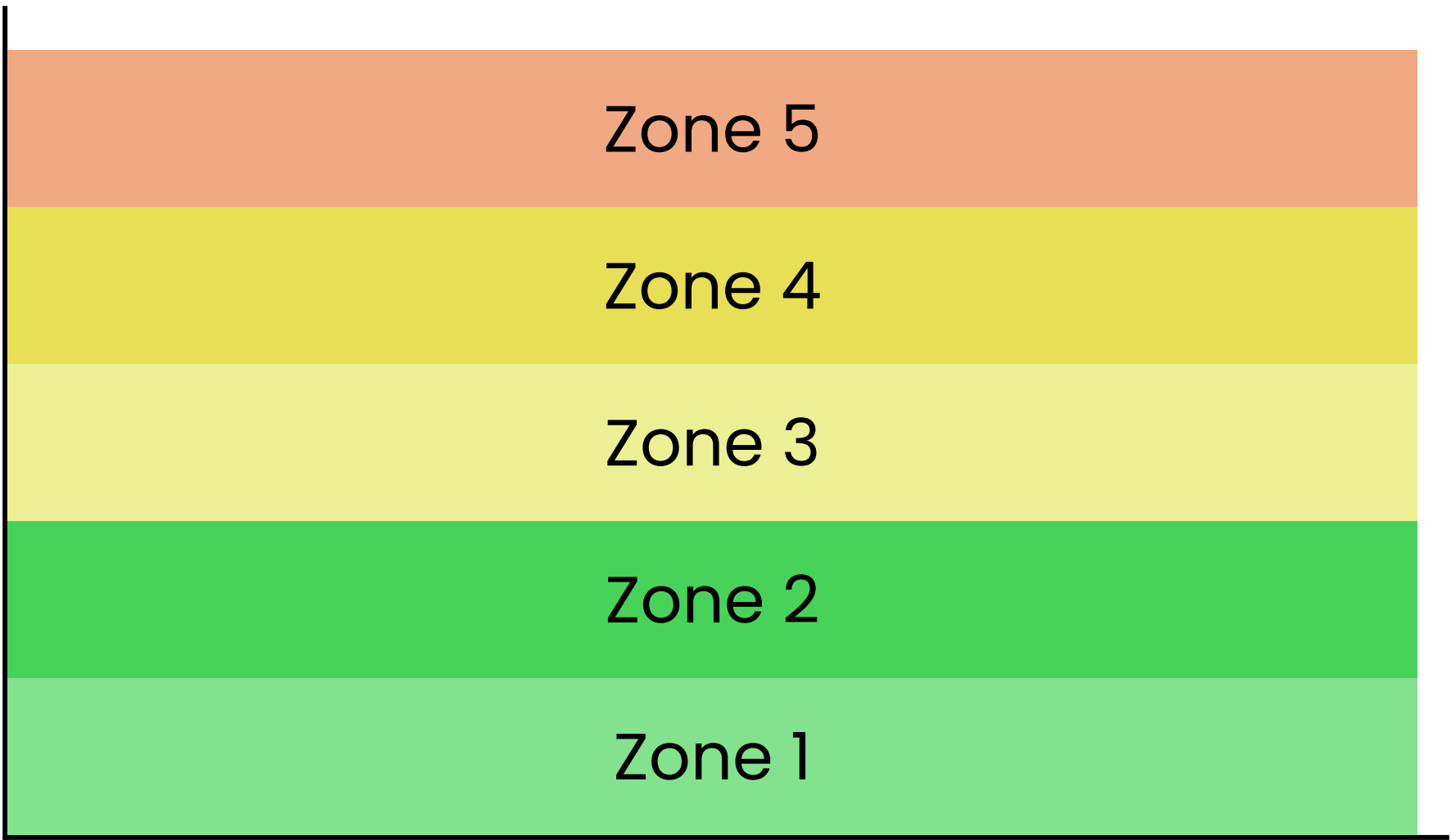
Click the email below to
get access.

Contact (**click the email**): info@breakaway-coaching.com



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 test - typically in the first week of your plan you will have an FTP test to set a benchmark).



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
Bike	< 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

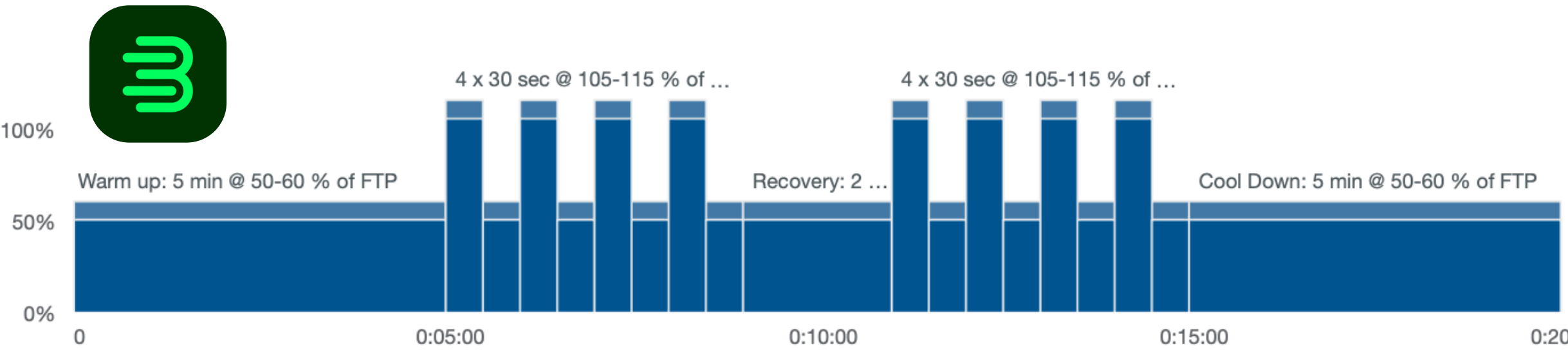
Click the link below to see
how to set your zones in
TrainingPeaks.

<https://www.breakaway-coaching.com/post/setting-your-bike-training-zones>

Workouts Under 20 Minutes

If you are super short on time try the under 20 minute workouts to keep improving.

30on/30off Zone 5 Intervals

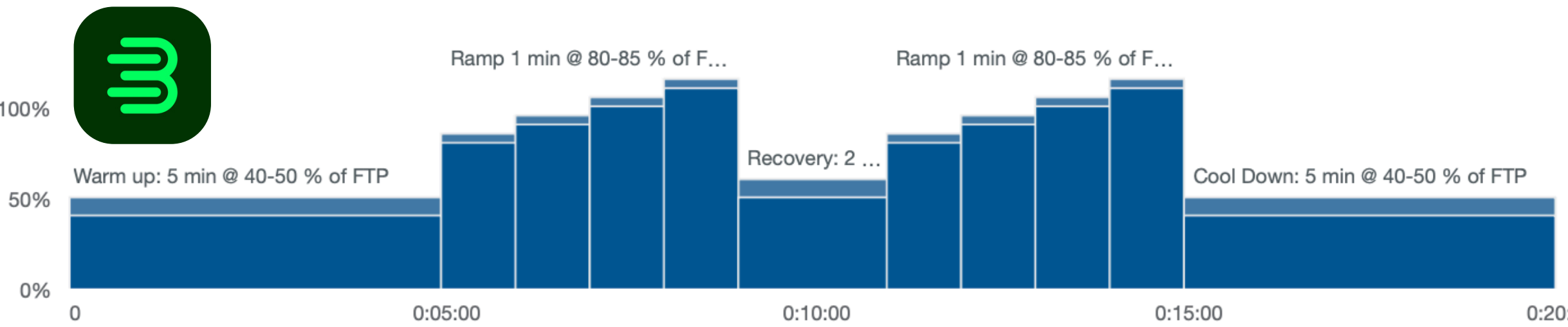


Warm Up: 5 min Zone 1-2

Main set: 4x 30 sec Zone 5, 30 sec Zone 1-2
2 min recovery Zone 1-2

Cool Down: 5 min Zone 1-2

Shorts Ramps Zone 3-5



Warm Up: 5 min Zone 1-2

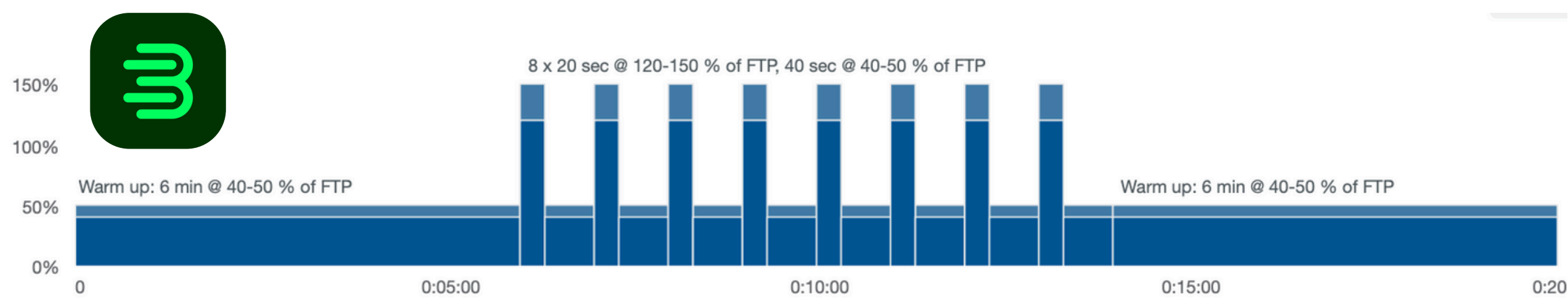
Main set: Ramp up in 4 steps: 1 min Zone 3, 1 min Zone 3-4, 1 min Zone 4-5, 1 min Zone 5
2 min recovery Zone 1-2
Repeat x 2

Cool Down: 5 min Zone 1-2

Workouts Under 20 Minutes

If you are super short on time try the under 20 minute workouts to keep improving.

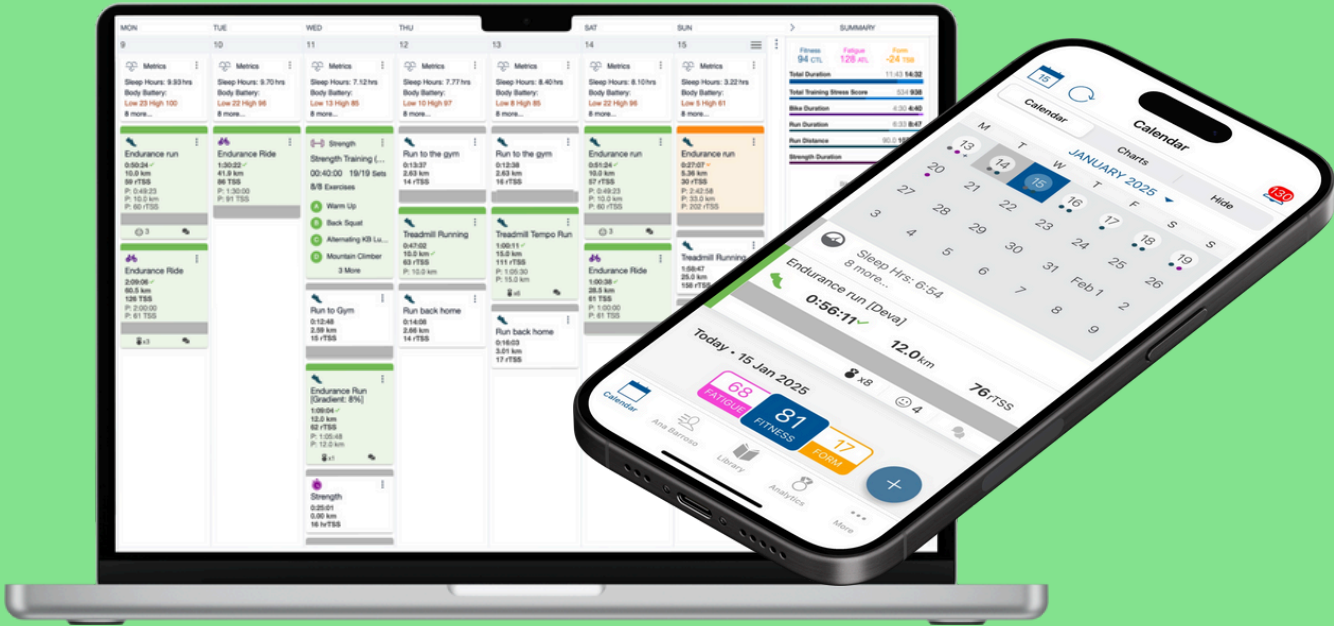
Anaerobic Bursts



Warm Up: 6 min Zone 1-2

Main set: 8x 20 sec Zone 5, 40 sec Zone 5

Cool Down: 5 min Zone 1-2



Get access to
TrainingPeaks
workout files

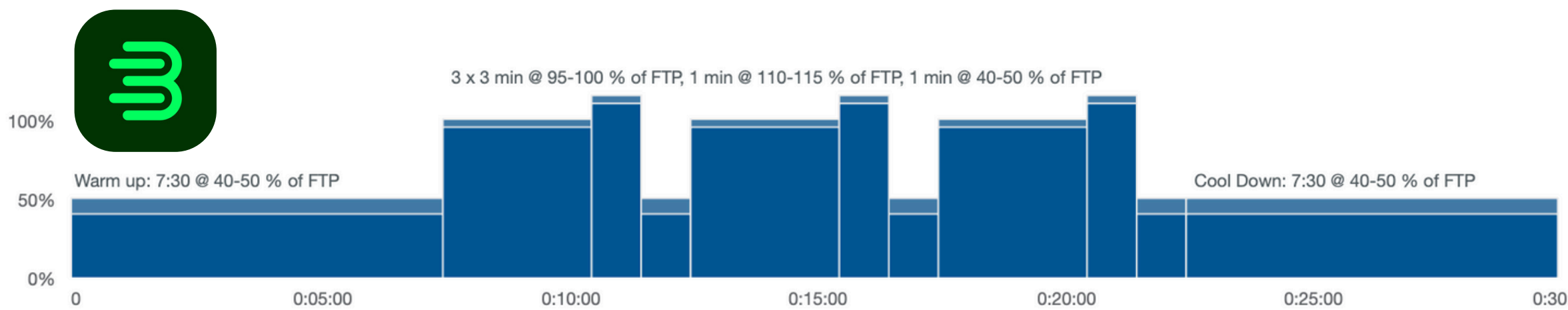
Click the email below to
get access.

Contact (**click the email**): info@breakaway-coaching.com

Workouts Under 30 Minutes

If you can just about squeeze in a 30 minute workouts try these to keep improving.

Step Up Intervals (Zone 4 & 5)

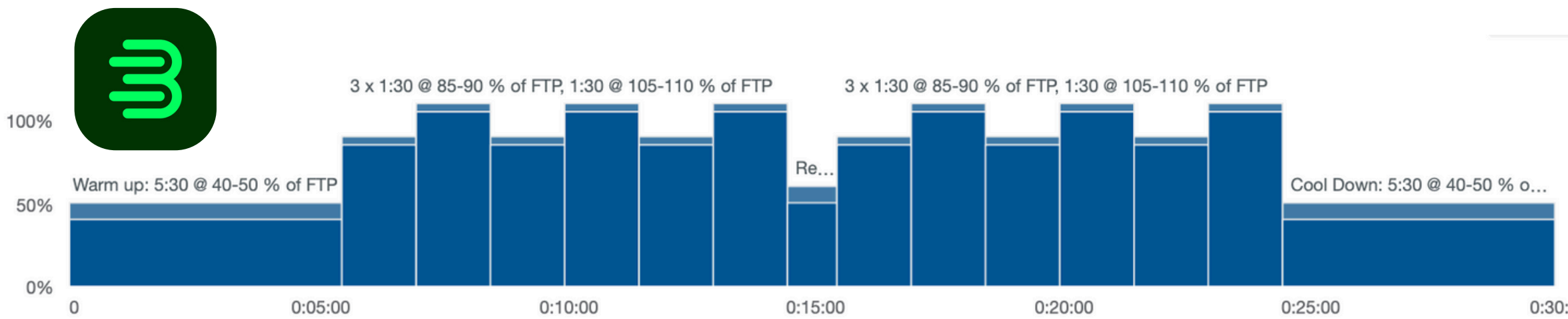


Warm Up: 7:30 min Zone 1-2

Main set: 3x 3 min Zone 4, 1 min Zone 5, 1 min Zone 1

Cool Down: 7:30 min Zone 1-2

Under/Over Shuttling Intervals



Warm Up: 5:30 min Zone 1-2

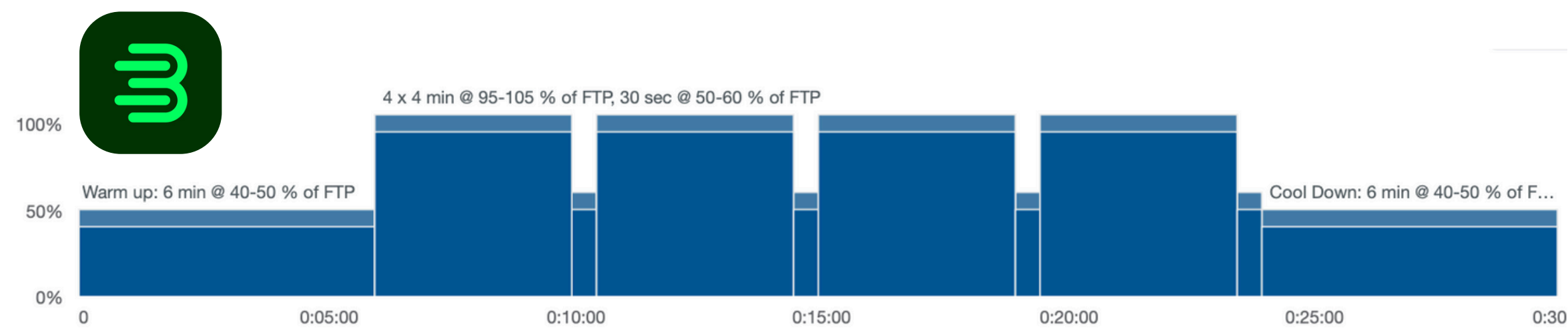
Main set: 3x 1:30 min Zone 3, 1:30 min Zone 5, 1 min Zone 1-2
Repeat x 2

Cool Down: 5:30 min Zone 1-2

Workouts Under 30 Minutes

If you can just about squeeze in a 30 minute workouts try these to keep improving.

Mini Threshold Reps w/ Short Rests



Warm Up: 6 min Zone 1-2

Main set: 4x 4 min Zone 4-5, 30 sec Zone 1-2

Cool Down: 6 min Zone 1-2



Get access to
TrainingPeaks
workout files

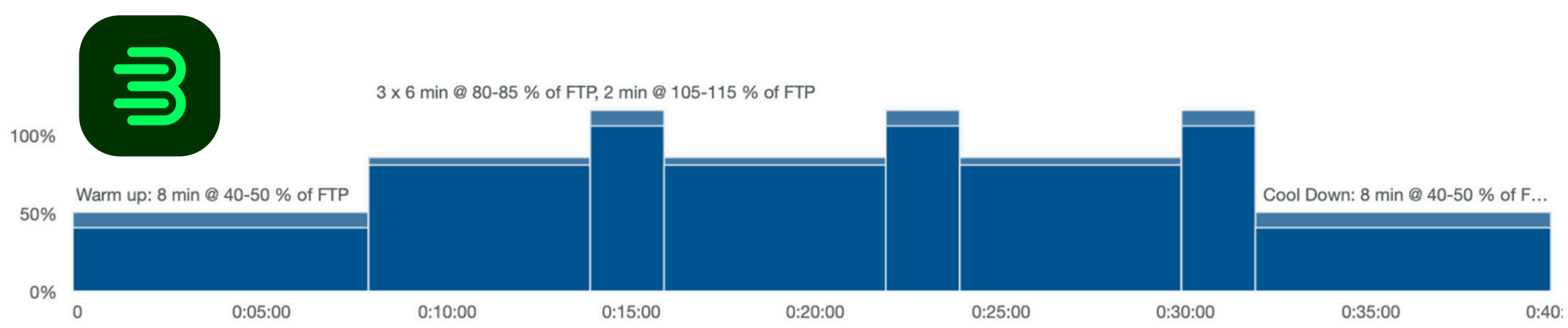
Click the email below to
get access.

Contact (**click the email**): info@breakaway-coaching.com

Workouts Under 40 Minutes

If you have a bit more time and want to push yourself then try the 40 minute workouts.

Road Race Simulation

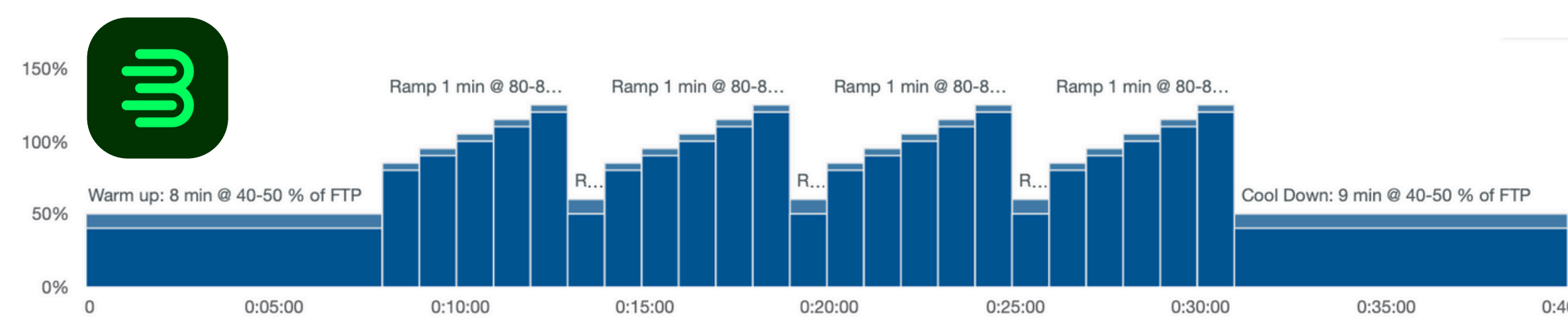


Warm Up: 8 min Zone 1-2

Main set: 3x 6 min Zone 3, 2 min Zone 5

Cool Down: 8 min Zone 1-2

Repeated Ramps (Zone 3-5)



Warm Up: 8 min Zone 1-2

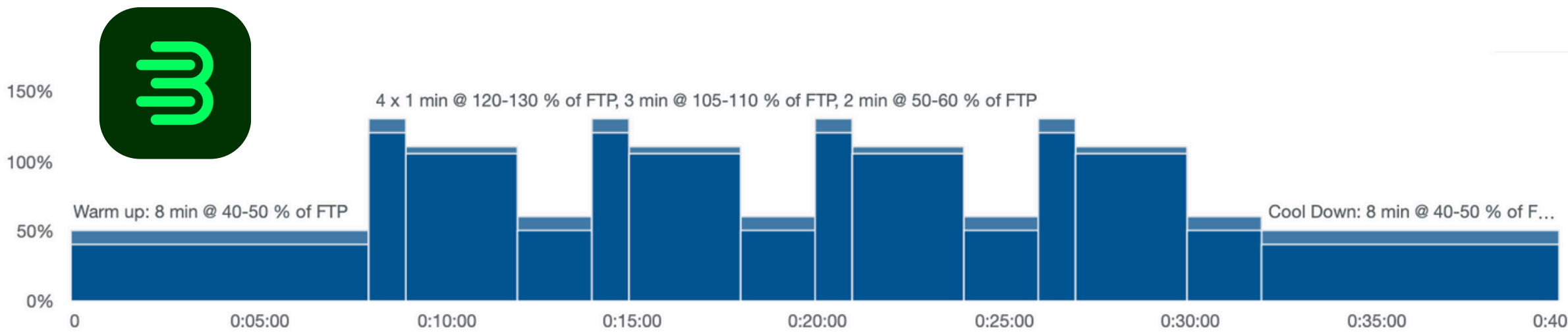
Main set: Ramp up in 5 steps (4x):
1 min Zone 3, 1 min Zone 3-4, 1 min Zone 4-5, 1 min Zone 5, 1 min
Zone 5
1 min recovery Zone 1-2 after each ramp
Repeat x 4

Cool Down: 8 min Zone 1-2

Workouts Under 40 Minutes

If you have a bit more time and want to push yourself then try the 40 minute workouts.

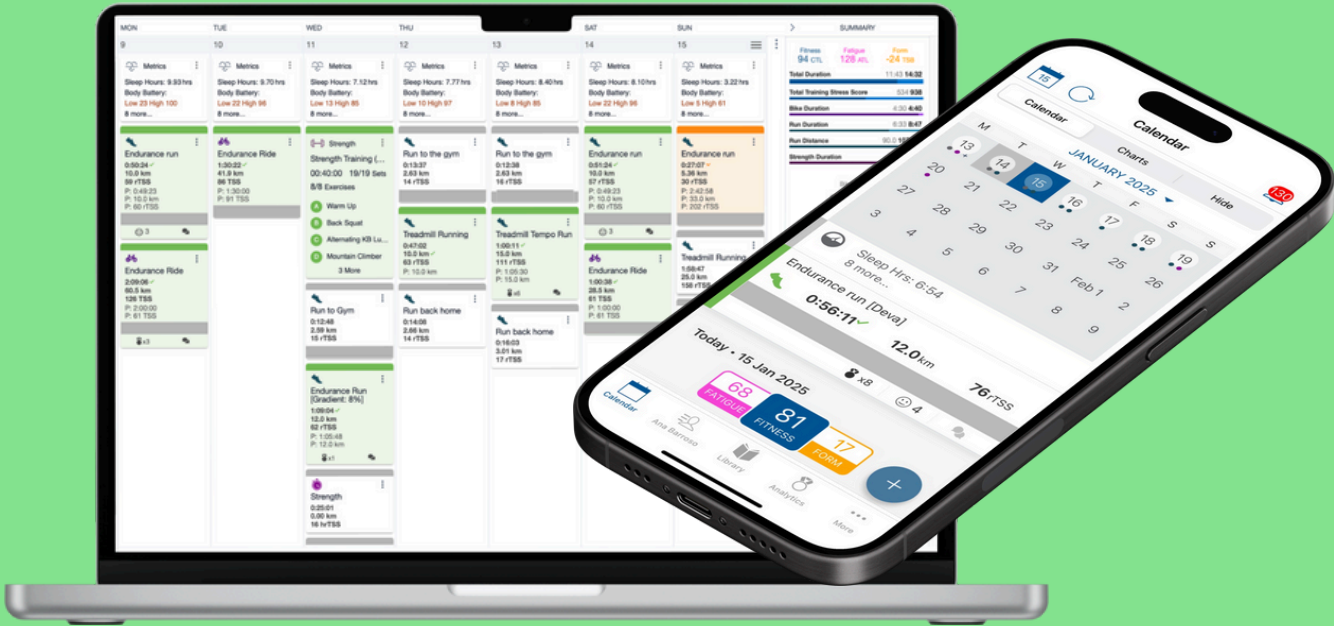
VO2max Reps



Warm Up: 8 min Zone 1-2

Main set: 4x 1 min Zone 5, 3 min Zone 5, 2 min Zone 1-2

Cool Down: 8 min Zone 1-2



Get access to TrainingPeaks workout files

Click the email below to get access.

Contact (**click the email**): info@breakaway-coaching.com

