

CYCLING SESSIONS FOR RUNNERS

1) Bolts of Lightning: Warm up with 10 minutes of easy pedaling, incorporating two 30-second "sprints" at high speed into the warm-up to fire up your nervous system, and then complete **15 X 1 minute at maximal intensity**, with 1-minute, easy pedal recoveries after each 1-minute work interval and a 10-minute cool-down at the end, followed by stretching. Maintain > 90 rpm at all times during the 1-minute work intervals.

2) Lactate Stackers: Warm up with 10 minutes of easy pedaling, incorporating two 30-second "sprints" at high speed to fire up your nervous system, and then complete **12 X 2 minutes at nearly maximal intensity**, with 1-minute, easy pedal recoveries after each 2-minute work interval and a 10-minute cool-down at the end, followed by stretching. Maintain > 90 rpm at all times during the 2-minute work intervals.

3) 5-K-Paced Bike Intervals: Warm up with 10 minutes of easy pedaling, incorporating two 30-second "sprints" at high speed to fire up your nervous system, and then complete **7 X 5 minutes at what feels like 5-K race intensity (or a little tougher)**, with 2-minute, easy pedal recoveries after each 5-minute work interval and a 10-minute cool-down at the end, followed by stretching. Maintain > 90 rpm at all times during the 5-minute work intervals.

4) Tempo Training on the Bike: Warm up with 10 minutes of easy pedaling, incorporating two 30-second "sprints" at high speed to fire up your nervous system, and then complete **2 X 20 minutes at what feels like 10-K race intensity**, with a 5-minute, easy pedal recovery in between the work intervals and a 10-minute cool-down at the end, followed by stretching. Maintain > 90 rpm at all times during the 20-minute work intervals.

5) The Tour de France: Warm up with 10 minutes of easy pedaling, incorporating two 30-second "sprints" at high speed to fire up your nervous system, and then ride **20 miles (32.2K) as fast as you possibly can**, with a 10-minute cool-down at the end, followed by stretching. Maintain > 90 rpm at all times during the 20 miles.

6) The Bike Strength Session: Warm up with 10 minutes of light cycling (with a couple of 30-second sprints thrown in), and then complete the following (you make take short breaks between activities):

(A) One-leg cycling: On an exercise bike, with straps in place on the pedals, please cycle along *with your right foot only on the pedal* for one minute at an easy intensity (left foot can rest on the bike housing). Then, increase the resistance/gear so that the effort is hard (about 9 on a scale from 1-10), and cycle with your right leg only at this difficulty intensity for an additional minute. Carry out this 1-1 pattern four more times (giving you a total of 10 minutes, five easy, five hard, on your right leg), and then repeat with your left leg. Throughout this one-leg cycling, concentrate on pushing the pedal downward and pulling it back up very forcefully (your pedals have straps to allow this). It sometimes helps to think of your pedal stroke as a four-sided rectangle: for the first "corner" (the top one nearest you), think of driving your knee forward. For the second "corner," drive the foot down from 12 o'clock to 6 o'clock *very forcefully*. For the third zone, think of scraping the mud off the bottom of your shoe by pulling across the bottom of the rectangle. For the fourth zone, pull up very hard, driving your knee "to the ceiling." For this one-leg cycling, be sure to keep your torso relaxed and fairly upright – do all of the work with your legs. Don't stand up on the pedals.

(B) Accelerations (two legs): Cycle at a moderate intensity and an rpm of ~ 90 for 60 seconds, and then increase your cadence as quickly as you can to 120-130 rpm. Hold this high cadence for 30 seconds (staying relaxed), and then cycle easily at 90 for another 60 seconds. Continue this 90-120-rpm, 60-30-second pattern until you have completed five 30-second bouts at ~ 120 rpm. The resistance/gear should be set so that the 30-second surges feel very hard.

(C) Big Gears (two legs): Alternate 1 minute of riding at an easy intensity, light resistance, with 30 seconds of riding against very heavy resistance (like going up a steep hill) until you have completed seven 30-second bouts. Stand up on the pedals as you complete the 30-second intervals.

(D) Surges: Ride 2 miles as fast as you possibly can, pedal easily for 3 minutes, and then ride 2 miles as fast as you can again (seated at all times).

(E) Cool-Down: Cool down with 10 minutes of light cycling, followed by stretching.