BIKE

5-Day Sample Plan

Appropriate for BikeErg, Wattbike, Assault Bike, and Rogue Echo Bike

Session 1 (Benchmark)

Option 1 = 20 minute Threshold Test (appropriate for all bikes, especially FAN BIKES)

The 20 minute threshold test can be used to determine your Functional Threshold Power (FTP), you can use this information to set specific training zones based on FTP and give structure to your training. During this test you should ride at an intensity that you can sustain throughout, but also one which allows you to exert your maximum effort. Choose gears that allow you to keep the rpm's at 90 or above (ideally). If using a Fan Bike (Assault, Echo) this is not possible as there's only one "gear" so your only variable is RPM's.

After a thorough warm-up, set your monitor for "Single Time" > "20:00"

Pay attention to your average "watts" at the end of the test. If you track heart rate, note the average HR for the test.

*Please note – your FTP score is **95% of the AVERAGE WATTS** for the 20 minute test above.*

Option 2 = 4000m Time Trial (ideal for BikeErg)

If you are familiar with split-based pacing on the indoor rowing machine and SkiErg, then we suggest attempting a 4k test piece as your baseline test. **The average split from this test** will be used for pacing during training sessions.

Set your monitor for "Single Distance" > "4000m"

Session 2 (Interval Time)

20x 1min/rest 1min

Set your monitor for "Interval: Time" > 1:00 > Rest 1:00

Alternate each interval using the following pattern:

Interval 1 = 90% FTP, Interval 2 = 110% FTP, Interval 3 = 90% FTP, Interval 4 = 110% FTP, etc., or instead, alternate between 4k + 10 seconds and 4k + 4 seconds.

Increase pace by increasing damper setting (higher gear), by increasing rpm's (faster cadence), or a combination of both.

Session 3 (Single Distance)

16km at 75-80% FTP, or 4k +14-16 seconds.

Set your monitor for "Single Distance" > 16000m

The goal is consistent output at target pace.

Session 4 (Variable Time)

8min/2min/6min/2min/4min/2min/6min/2min/8min

Rest 2min between all reps.

Set your monitor for "Intervals: Variable". Set each interval separately (the rests will be the same throughout). There are 9 intervals total.

After the 9th interval, select "no more intervals"

- *The 8:00 intervals are at 70-75% FTP (4k + 16-18 seconds);*
- *The 6:00 intervals are at 80-85% FTP (4k + 12-14 seconds);*
- *The 4:00 interval is at 90-95% FTP (4k + 8-10 seconds);*
- *All 2:00 intervals are paced at 115-125% FTP 4k + 1-3 seconds).*
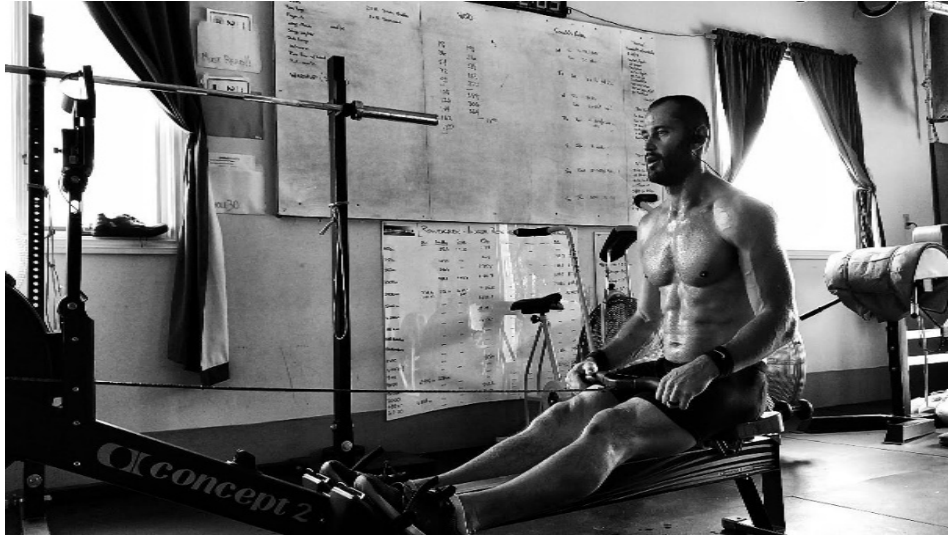
Session 5 (Interval Distance)

4x 5000m/rest 3:00

Set your monitor for "Intervals: Distance" > "5000m" > 3:00 rest

Start at 90-95% FTP (4k + 8-9 seconds). Increase pace on each set, if possible.

ABOUT THE COACH:

JUSTIN FARINA, *OCT, B.Ed., B.Sc., CF-L1*

Multiple current & former SkiErg World Record Holder

2018 & 2019 Concept2 Tour De SkiErg Champion

2018 Row'd Royalty Men's Tall Champion

Discovering CrossFit in November of 2005 was a life-changing event for the former Division-I athlete. For years, the standard bodybuilding/cardio model of "fitness" was all he knew. Reading Coach Glassman's breakthrough article, "What is Fitness", changed everything. Since then, **Variance**, **Functionality**, and **Intensity** have been the cornerstones of his life.

Training privately since 2006, Justin has accumulated countless hours of experience working with hundreds of athletes in parks, in gyms, on tracks, and in his garage.

Learn more about our ONLINE MEMBERSHIP by visiting

www.garageathletefitness.com/membership