



FAN BIKE

5-Day Sample Program



Session 1 (Benchmark)

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.

After a thorough warm-up, set your monitor for a single timed effort of 20:00

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

Your FTP score on an Assault Bike or Rogue Echo Bike is your AVERAGE WATTS.

Session 2 (Variable Time Interval)

6:00/5:00/4:00/3:00/2:00/1:00 (rest 2 minutes between each)

Target pace = ~100-110% of FTP to start.

Increase pace from the previous effort on each interval.

Session 3 (Time Interval)

15x 30 sec work/30 sec rest

Controlled max effort. Aim for high, but consistent output throughout.

Session 4 (Calorie Interval)

4x 100cal (rest ½ of time to completion).

Target pace = ~110-115% of FTP, or 80-85% of max heart rate.

Session 5 (Time Interval)

3x 12:00/rest 1:30

Target pace = ~80-85% FTP, or 70-80% of max heart rate.

Learn more about our ONLINE MEMBERSHIP by visiting

www.garageathletefitness.com/membership

