









SUF CYCLING

WORKOUT MENU

FITNESS TEST

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	59 minutes	The most advanced fitness test	Determine your strengths, weaknesses and gauge your progress more accurately	
	58 minutes	A 20 minute functional threshold performance (FTP) test	Setting fitness baseline for training programmes	










BASE

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	44 minutes	Sneaking away for a quick ride through the Pyrenees	Getting a dose of sub-threshold efforts at a wide range of cadences	
	56 minutes	Five climbs of various durations, efforts and cadences	Base training or easy tempo days between intervals	
	60 minutes	Eight climbs that focus on hitting the sweet spot - that level right below your threshold	Boosting your threshold without the fatigue	








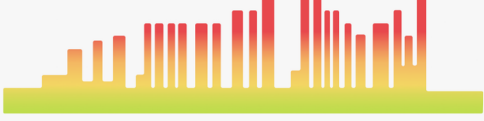

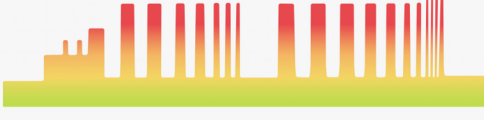


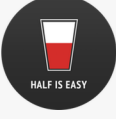
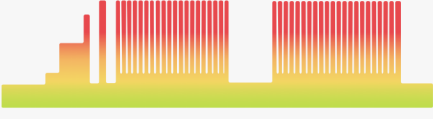


TIME TRIAL

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	35 minutes	Time trialling with the best in the world	Maintaining concentration while putting out serious watts	
	57 minutes	Get the feeling of what it's like to ride a Team Time Trial and push yourself to your limits.	One of the best combined AC/MAP/FTP session out there!	


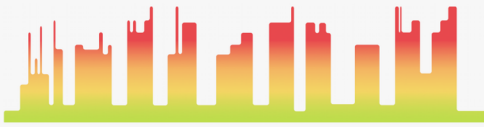



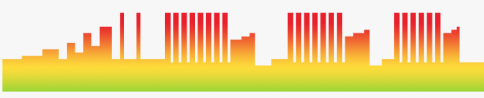

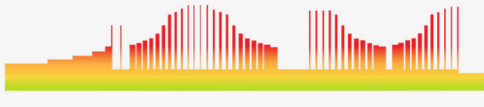

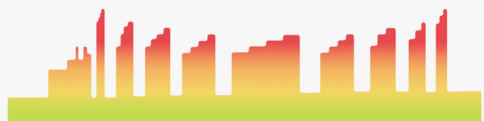
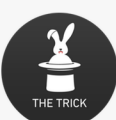
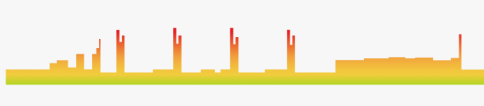
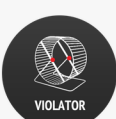
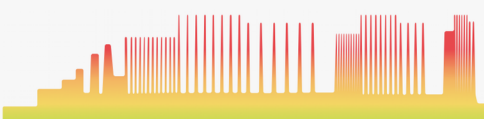
DRILLS & STYLE

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	57 minutes	Emulating the leg speed of the Sufferlandrian Speed Demon Featured in SUF Cycling Training Plans	Improving the neuromuscular pathways in your pedal stroke	
	44 minutes	Standing and delivering raw power	Developing your sprint power and neuromuscular strength	
	46 minutes	A series of moderate and high intensity intervals to prime your system for tomorrow. Featured in SUF Cycling Training Plans	Preparing to kick ass at your big event	
	21 minutes	A structured warm-up to get you ready to CRUSH IT	Perfect for using before major events, in conjunction with any SUF Cycling workout & for those who need a longer warm up	
	36 minutes	Drills to improve efficiency and form	Making you a better bike rider	


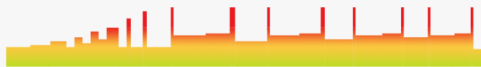


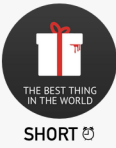




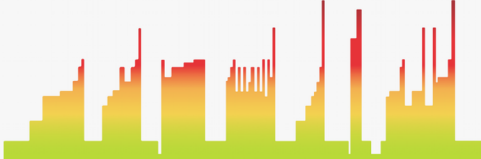


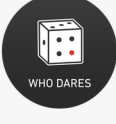

SPEED

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	56 minutes	2 sets of 7 VO2 intervals of varied durations.	Driving up your MAP, improving your AC and building greater muscular strength	
	49 minutes	5 x 4 minute high intensity intervals	Increasing ability to break away or hold onto a sustained attack!	
	57 minutes	Putting in the hard work and getting the job done	A do-it-all workout that develops nearly every aspect of your fitness	
	42 minutes	22 inverse and matching intervals from 1 minute to 10 seconds	Getting seriously FAST	
	55 minutes	2 sets of 8 intervals from 2 mins to 15 seconds	Improving your ability to make repeated, max intensity efforts	
	32 minutes	A condensed version of the infamous Nine Hammers of VO2 & Threshold Intervals	Getting a quick hiit in just over half an hour	
	37 minutes	2 sets of 20 x 15 second intervals	A hard workout when you have little time	
	30 minutes	This session is all about Max Aerobic Power and you will be doing 5 MAP targeted intervals in 30 minutes.	Raising your VO2 max	




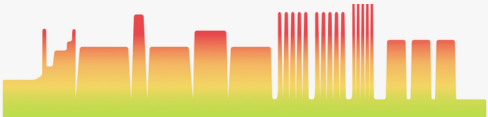










SPEED cont.

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	58 minutes	Nine VO2 and Threshold Intervals	Improving performance at your limit	
	45 minutes	15 x 1:00 maximum intensity intervals	Increasing your maximum power and ability to recover	
	30 minutes	A superb mix of AC, MAP and FTP training in one 30 minute workout	Help you go faster and stay stronger for longer	
	60 minutes	Digging yourself into a ditch and then finding your way out again	Working your top end speed by bringing yourself to the edge and then going even deeper	
	50 minutes	Accelerating intervals (you get faster and faster during the interval)	Improving your ability to accelerate under pressure	
	58 minutes	Attacks, counter-attacks and a long sub-threshold effort for good measure	Developing your all-out breakaway power and your ability to stay away	
	60 minutes	64 x sprints of 5, 10 & 15 seconds	Winning races in a sprint	






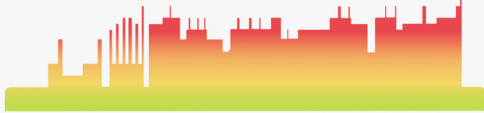


RACING

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	30 minutes	A 30 minute over/under in the shape of an intervals sprint/settle/surge session that will give you a tremendously well-rounded workout.	Targeting your sprint power, FTP and anaerobic capacity	
	21 minutes	Race simulation... when you need that little more	Threshold work and short climbs	
	30 minutes	One x 13:30 race simulation	Criterium & Cyclocross Racers	
	45 minutes	Two x 13:30 race simulation	Criterium & Cyclocross Racers	
	48 minutes	Six intervals replicating track racing's Omnium	Simulating chaotic race scenarios and getting to sprint to your maximum capacity	
	52 minutes	3 x 10 minutes race simulation	Surviving "Crunch Time" in races	
	53 minutes	Surges and attacks followed by sustained sub-threshold efforts	Teaching the body to cope with a max output followed by sustained efforts	






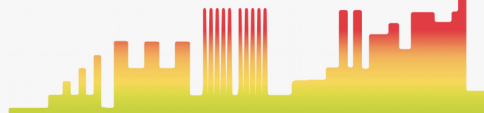
ENDURANCE

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	54 minutes	Race simulation and pain shakes	Working your threshold and top end speed	
	1 hour and 42 minutes	Wide assortment of intervals from 20 seconds to 10 minutes	Improving your performance for long efforts	
	58 minutes	Smoothly applying pressure again and again	Developing your maximal aerobic power (MAP)	
	59 minutes	4 x 10-minute efforts at or near threshold	Improving the ability to properly pace and sustain longer efforts at threshold	
	42 minutes	8 x 2:00 - Low-cadence, high torque efforts with one minute recoveries	Developing neuromuscular strength and endurance through a series of low-cadence, high intensity efforts	
	58 minutes	2 x 20 minutes of Hell	Handling race situations over long periods of time (20:00 intervals)	
	120 minutes	4 big climbs (15 min, 20min, 20min, 8min) & a sprint into the finish	Improving race performance & climbing	

CLIMBING

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	55 minutes	3 x 8:00 climbs with lots of attacks	Handling repeated changes in tempo while climbing	
	45 minutes	Building muscular strength and endurance with 11 low cadence intervals	Increasing the brute force in every pedal stroke	
	56 minutes	A brutal 40 minute climb	Building climbing endurance the likes of which the Sufferlandrian Volcano Climber would be jealous of	
	47 minutes	A pure, attacking, climbing, fighting Tour de France stage	Bringing you to your knees	

MASHUP

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	150 minutes	Climbing, climbing and more climbing	Developing your mental and physical tolerance for pain, misery and agony	
	45 minutes	The first 11 intervals from Revolver followed by the last set from Half Is Easy . Easy!	Turning you into the Speed Demon of Sufferlandria	
	57 minutes	Warm up with tempo climbing from The Way Out , then conquer two sets of pain shakes from Blender before tackling the second race simulation from The Best Thing in the World	Finding your breaking point and then suffering past it	

MASHUP

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	57 minutes	3 of your favourite Hammers and only half a Shovel. Easy right?	Pushing your limits across all areas of strength and fitness	
	55 minutes	Told what to do by the two men in the car from Do As You're Told , followed by taking orders from John Degenkolb in The Rookie , and finally telling your legs to SHUT UP! as you ATTACK the final climb from Angels	Handling changes in pace, surges and ATTACKS and recovering so you can do it all over again	

OPEN RIDES

VIDEO	DURATION	WHAT IT'S ABOUT	BEST FOR	INTERVAL STRUCTURE
	15 minutes	Unstructured ride	Easy or steady tempo days	
	30 minutes	Unstructured ride	Easy or steady tempo days	
	45 minutes	Unstructured ride	Easy or steady tempo days	
	60 minutes	Unstructured ride	Easy or steady tempo days	