


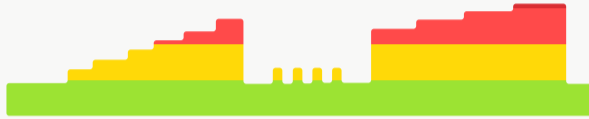

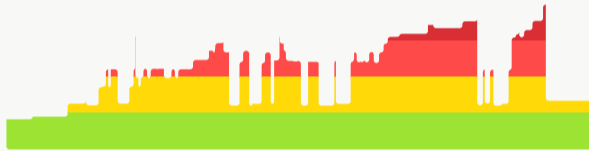







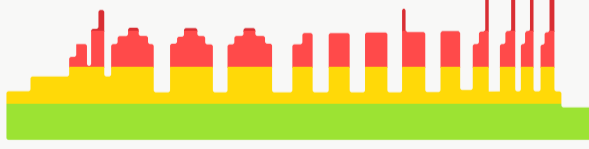


TIME TRIAL

Video	Duration	What It's About	Best For	Intensity
 THE LONG SCREAM	35 minutes	Time trialling with the best in the world.	Maintaining concentration while putting out serious watts.	
 RUBBER GLOVE	60 minutes	A 20 minute functional threshold performance (FTP) test.	Setting fitness baseline for training programmes.	




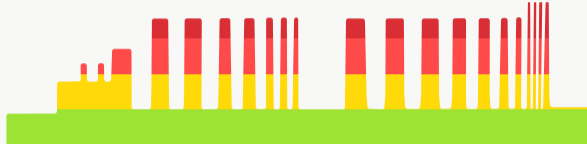





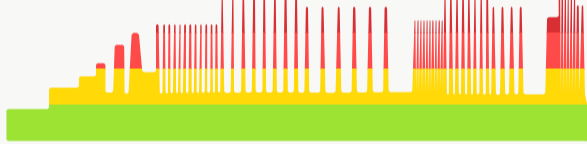

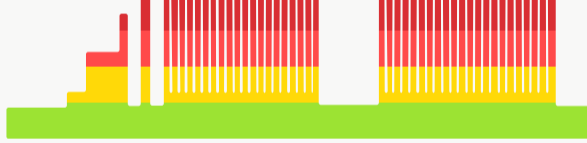


CLIMBING

Video	Duration	What It's About	Best For	Intensity
 THE WRETCHED	48 minutes	A pure, attacking, climbing, fighting Tour de France stage.	Bringing you to your knees.	
 ANGELS	56 minutes	3 x 8 minute climbs with lots of attacks.	Handling repeated changes in tempo while climbing.	


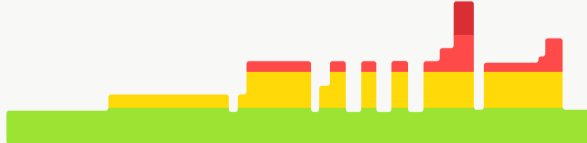
RACE SIMULATION

Video	Duration	What It's About	Best For	Intensity
 EXTRA SHOT:20	20 minutes	Race simulation.	Threshold work and short climbs.	
 LOCAL HERO	85 minutes	3 x 6:00 Time Trial Pyramids, 5 x 3:00 Race Simulation, 3 x 2:30 sprints.	Building the ability to handle anything road racing can throw at you.	
 THE ROOKIE	55 minutes	3 x 10 minute race simulations	Sustained speed and handling surges	

SPEED

Video	Duration	What It's About	Best For	Intensity
 A VERY DARK PLACE	51 minutes	5 x 4 minute high-intensity intervals.	Increasing ability to break away or hold on to a sustained attack!	
 THE DOWNWARD SPIRAL	60 minutes	2 sets of 8 intervals from 2 mins to :15 seconds.	Improving your ability to make repeated, max intensity efforts.	
 REVOLVER	45 minutes	15 x 1 minute maximum intensity intervals.	Increasing your maximum power and ability to recover.	
 THERE IS NO TRY	60 minutes	Accelerating intervals (you get faster and faster during the interval).	Improving ability to accelerate under pressure.	
 VIOLATOR	68 minutes	64 x sprints of :05, :10 and :15 seconds.	Winning races in a sprint.	
 HALF IS EASY	39 minutes	Two sets of 20 x :15 hard / :15 easy.	criterium and cyclocross racers. Or getting in a hard workout when you have little time.	
 NINE HAMMERS	55 minutes	9 x VO2 Threshold intervals	Improving performance at your limit.	

STYLE

Video	Duration	What It's About	Best For	Intensity
 ELEMENTS OF STYLE	45 minutes	Drills to improve efficiency and form.	Making you a better bike rider.	

ENDURANCE

Video	Duration	What It's About	Best For	Intensity
	1 hour and 40 minutes	Wide assortment of intervals from :20 seconds to 10 minutes.	Improving your performance for long efforts.	
	75 minutes	2 x 20 minutes with a 3 minute kicker at the end.	Handling race situations over long periods of time (20:00 intervals).	
	2 hours	4 big climbs (15 min, 20min, 20min, 8min) and a sprint into the finish.	Improving race performance and climbing.	