



**KTC INDOOR BIKE TRAINING PROGRAMME 2024/25**

<b>Phase</b>	<b>Phase description</b>	<b>Training Block / period</b>	<b>Training Block description</b>	<b>Training focus</b>	<b>Typical Sessions *</b>
Phase 1	Prepare to train (off-season)	Block 1 – Oct 2024	Preparation	Smooth pedaling skills and preparation for intervals.	Initial FTP test; technique-based drills: high cadence, single leg etc..
Phase 1	Prepare to train (off-season)	Block 2 – Nov 2024	Base	Aerobic capacity	Very high intensity short intervals (up to 1min duration) at power zone 6 (circa 120% FTP and above).
Phase 1	Prepare to train (off-season)	Block 3 – Dec 2024	Base	VO2 Max	Very high intensity short intervals (up to 3min duration) at power zone 5 (circa 115% FTP).
Phase 2	Train to train (off-season)	Block 4 – Jan 2025	Build 1	Threshold	Initial FTP test; high intensity medium intervals (4min-8min duration) at power zone 4 (circa 90-100%FTP).
Phase 2	Train to train (off-season)	Block 5 – Feb 2025	Build 1	Threshold	High intensity high intensity medium intervals (4min-8min duration) at power zone 4 (circa 90-100%FTP).

Phase 3	Train to race (pre-season)	Block 6 – Mar 2025	Build 2	Tempo (race intensity)	Initial FTP test; moderate intensity longer intervals (>8min duration) at power zone 3/4 (circa 70-90% FTP).
Phase 3	Train to race (pre-season)	Block 7 – Apr 2025	Build 2	Tempo (race intensity)	Moderate intensity longer intervals (>8min duration) at power zone 3/4(circa 70-90% FTP).

\* Note: This is a basic overview framework for a winter period indoor bike training strategy, based around the usual European triathlon race season starting in April/May. Note that indoor bike sessions will by necessity be based around short interval training; athletes will be expected to supplement these sessions with longer outdoor or indoor solo or group rides for best overall training results. Individual detailed sessions will be planned by the relevant coach on duty for that session based around this framework. Coaches will have discretion to change sessions from the framework or on the day.