



## **Bikelab Inc Training Plans – User Guide**

### **Putting the System to Work**

As is the case with just about anything new, Bikelab Inc training plans will take a little getting used to. In order to speed up the process, I have produced this “how to” guide which explains each of the features and applications of the Bikelab system.

I created Bikelab Inc's testing and training system so that any cyclist, no matter what their level or location, has access to the very same process used by elite cyclists to produce cutting edge training programs and individual sessions. But I guess by this stage you already know that, so let's get straight to how it works.

Bikelab Inc has created a tool capable of producing truly customised training plans and individual sessions. Yeah, I know they all say that, but I hope by the end of the first test / training plan cycle, you will be inclined to agree. So how do we get there?

#### **Input your data**

Each athlete will enter a range of information before testing. This is very important because it helps to build a picture of both the type of athlete you are and your main riding goals / style. You will be asked for; body weight, age, riding focus, your goal “event” distance and the date of your goal, if you have one. The first two are kind of straightforward, but what about the others?

- **Riding Focus (Training Plans for Every Rider):** You should select that category that best describes the type of riding you want, need or would like to do in training. Remember that this can be updated at any time in the future without having to do a new test, so don't panic. Just select “box” that feels right to you at the time and if you need a little help then read below:

## Select rider category

Racing Focus	Climbing Focus	General Conditioning Focus	Time Trial / Triathlon Focus
 <p>This category is for:</p> <ul style="list-style-type: none"><li>• Riders looking to improve their racing performance</li><li>• Those who like to “race” more informally (Strava / Zwift)</li><li>• Cyclists looking to improve top end power</li><li>• Anyone who has built lots of base fitness and wants to capitalise</li><li>• This approach will only work well where base fitness is good</li></ul> <p>select</p>	 <p>This category is for:</p> <ul style="list-style-type: none"><li>• Riders looking to improve their climbing</li><li>• Anyone training for a hilly / mountainous event</li><li>• Cyclists looking to compete in very hilly races</li><li>• Those looking to participate in a mountainous cycling tour</li><li>• Think, “L’Etape / Three Peaks / Maratona / Marmotte”</li></ul> <p>select</p>	 <p>This category is for:</p> <ul style="list-style-type: none"><li>• Riders looking to build base fitness</li><li>• Anyone keen to steadily build endurance</li><li>• Cyclists who simply want to enjoy their cycling more</li><li>• Those returning from a long break</li><li>• Anyone fairly new to cycling</li></ul> <p>select</p>	 <p>This category is for:</p> <ul style="list-style-type: none"><li>• Riders looking to improve their Time Trial or Triathlon Bike Leg</li><li>• Anyone training to improve their capacity to hold consistent power.</li><li>• Cyclists looking to build threshold as their PRIMARY goal</li><li>• Those looking to participate in a Triathlon or Time Trial</li><li>• This approach is MOST effective when applied after a base phase.</li></ul> <p>select</p>

These are the four categories and you can see that I have selected “Climbing Focus”. Now this may be because I simply like climbing or it could be more technical. For example, I may have a climbing event coming up, for which I need to train, it could be a “hilly” race, or perhaps just because my regular riding group mostly heads to the hills. It does not mean that ALL rides should involve climbing, it does however mean that the plan Bikelab develops will have some tweaks that help to improve your climbing efficiency / strength. You could use a similar logic to help you select any of the other categories as well. Remember that you can update your focus at any time, which will result in a new training plan being developed.

Although it is sometimes incorrectly dismissed as more of a social rider’s category, “general conditioning” is very effective in circumstances such as; mid-season, lower intensity training blocks / base training phases / return from injury, a break or illness. So please keep this in mind when selecting your “best match” rider focus and don’t rush the process.

- **Goal Distance / date:** You will need to input a goal distance as a minimum. This is to allow Bikelab to set the training volume parameters for your program, things such as how long your endurance rides should be etc. This distance may actually be a goal event, but could just as easily be a distance over which you would like to be able to ride strongly or the distance of a special ride you have always wanted to complete (think “my first ever 100k ride”). Remember that the date you enter must be a minimum of 6 weeks from the date of your test. This is necessary to provide a minimum short conditioning phase before the big day.

Entering a goal event date will allow Bikelab to produce both “taper” and “recovery” weeks and insert them at the appropriate time in your plan. It is NOT compulsory to enter a “goal date” but it is advisable if you have one.

## Time to Test

Bikelab's unique "multi-phase" test protocol is the cornerstone of the system and is also what makes it both a little different and very powerful. All training plans, sessions and training zones are derived from the analysis of your test results, making the test very important, the better the test, the better the plan.

Although it is possible to use a Bikelab training plan without a power meter, you will need one for the test. It is possible to test on a stationary bike (trainer) provided it is capable of measuring power (in watts).

The test may be conducted in a lab, a garage (provided it is well climate controlled), your loungeroom (each of these utilise stationary bike options) or out on the road, using your usual bike with power meter fitted.

It is **very important** to download the *test protocol* (and *guide*) from the resources page on the Bikelab website. PLEASE read it carefully to ensure that you understand exactly what to do and how to do it. The tests are quite a challenge and you should be very tired upon completion. If you do not do the test well (for any reason) you will have the opportunity to repeat it, but you may not want to for a while, given how hard they can be.

### Some Tips for Testing Effectively the First Time

- Warm up properly. Rather than "warm up" this is more accurately referred to as the Preparation Phase of the test and it must be done correctly. If you short cut this phase or make a token effort, your test result will be negatively impacted. You should feel that the test has some real intensity to it, like it is part of the test itself, your legs should hurt during this phase.
- Do NOT pace yourself or "hold back" for the final effort of any of the test sequences. Each component of the test must be given your maximum effort, otherwise there is really no point in testing at all.
- Select good terrain. The tests can be performed on flat terrain or a gradual incline. However, you will need to avoid interruptions (from traffic etc) and ensure the repeatability of the test efforts. For example, left-turning (right turning in most northern hemisphere countries) circuits work well.
- Hit the lap button on your device at the **start and end of every test effort**. This will ensure that you capture all of the data in separate chunks (required for test inputs) and avoid having to repeat the test.

### The Power of Bikelab test and plans is in the Scientific Analysis of Your Test Results

With the test done and data entered into the system, the "fun" will soon begin.

Most cyclists are familiar with training zones. These are based on Power and/or Heart Rate and define specific training intensities at which a rider (if performed consistently over time) can expect certain adaptations (improvement). In almost every case, these training zones are created using a simple algorithm for which the only input is a rider's (predicted or measured) FTP or functional threshold power. FTP is in fact a valid test, but cannot effectively be used to define each training zone.

To be clear, it IS very important for cyclists to know and use training zones. So, if this is, in fact, important, it follows that it is also important to determine these zones in a thorough and scientifically valid way. This is the power of Bikelab, not one, but multiple tests, applied using a strategic and evidence-based protocol so that EVERY rider's physiology can be analysed and used to create totally custom training zones, EVERY time. As your fitness changes, so do your zones and that is when it is time to re-test.

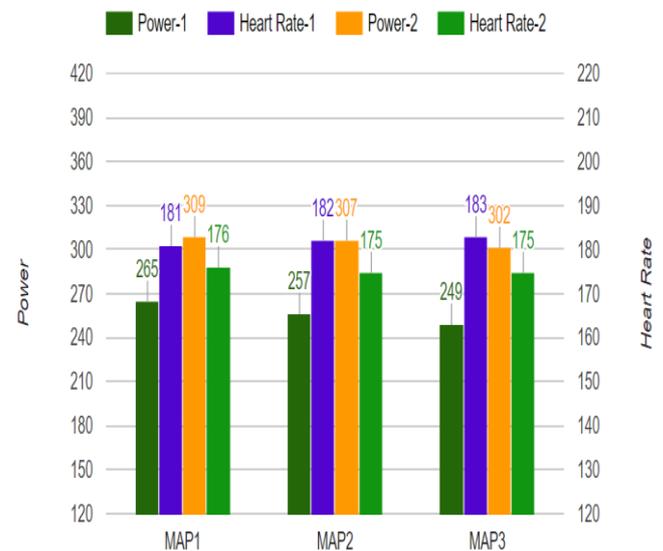
More than just custom zones, Bikelab instantly produces 100% tailored 12 week training progressions along with key weekly sessions, each containing a little bit of your own DNA. Everything is there for you;

- Distance / intensity of endurance rides,
- Interval training sessions, complete with power (or HR) targets, number of sets, recovery ratios etc.
- Recovery weeks
- Sensible monthly progressions
- Even taper plans, where goal events (and date/s) have been entered.

Then when you have ticked off the training sessions and banked 12 weeks full of physiological adaptation, you can measure your gains with a re-test and even check your progress with comparison graphs

**Training Zone Data:**

ZONE	POWER(watts)	HEART RATE(BPM)	Description
One	0 - 118	0 - 108	Restorative - social riding walking (not relevant as programming tool)
Two	118 - 195	108 - 153	Used for active recovery and extensively in base phase. Also used for spin segment after intervals and higher intensity sets. When Aerobic Fitness is good, this zone is quite big meaning riders are able remain aerobic at quite high Heart Rates and Power levels.
Three	195 - 231	153 - 180	Tempo zone - sustainable medium term but lactate is likely to be rising. When aerobic fitness is low, the tempo zone is larger and kicks in at lower Heart Rates and Power numbers
Four	231 - 241	180 - 186	Threshold Zone - Intensity that is sustainable for 20min and up to 1 hour (depending on fatigue resistance), lactate is accumulating and athlete is at the limit of sustainable intensity.
Five	241 - 277	186 - 190	VO2 Max zone - Sustainable for 5-10min, used sparingly in training programs. Very rapid lactate rise. The tolerance for training in this zone varies greatly between athletes.
Six	277 - MAXIMUM possible watts	190 - MAXIMUM	Maximal output usually used for anaerobic development in intervals of 1-3 mins.



**Change your Focus, Change Your Plan**

Because I appreciate that things change, Bikelab Inc has built-in flexibility that will allow you to:

- **Re-test when your goals change.** This can be helpful if you have adapted very quickly and want to test your capacity before your current program is complete. Conversely, you may need longer than 12 weeks if you have had to take a break during the plan or simply been unable to complete the training sequence. Your choice, but as soon as you do re-test, you will have a new, 100% custom training plan ready to go.

- **Swap out sessions to accommodate “special rides”** (or simply to change things up). Whilst I am a big believer in the effectiveness of completing targeted training sessions (mostly because I know it works), I also appreciate that cyclists need options for variety. So, all Bikelab plans provide options for “trading” occasional key sessions for a smash-fest local bunch ride, or an impromptu local climb TT. The key is doing enough of both to keep the training both enjoyable and effective and in this key area, Bikelab has you covered.
- **Add and adjust rides as required.** At their core Bikelab plans are not restrictive, just three key sessions per week that can (if needed) be traded off for other rides (see above). Each plan also includes guidelines for the timing and type of rides that you should include, not prescription, just advice.

### **Get Out and Ride**

Armed with a 100% customised training plan, it is time to get out and do the work. You can now have total confidence that the training effort you put in is laser-focussed on your riding goals, perfectly matched to your unique physiological blueprint and will take your riding to a whole new level.