

REVBOX 

TRAIN • EVOLVE • SUCCEED



PEDALING TECHNIQUE

Aim:

To make each pedal stroke more powerful for a given amount of effort and reducing the 'dead spot' in your pedal stroke.

Guidelines:

There are two phases - up stroke ('kick') and down stroke ('scrape').

'Kick' instructions: Imagine kicking a soccer ball with your foot, from the top of the pedal stroke.

'Scrape' instructions: At the dead center bottom of the pedal stroke imagine scraping mud off the bottom of your shoe.

Begin with focusing on one stroke on one leg over a period of time as short as 30 seconds, then taking a break from focusing on the pedal stroke but continuing to pedal (consider this your recovery interval).

For example:

5 minutes of 30 seconds left leg 'kick':
30 seconds recovery (5x total)

5 minutes of 30 seconds left leg 'scrape':
30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'kick':
30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'scrape':
30 seconds recovery (5x total)

Once you become proficient focus on both strokes on one leg or one stroke on both legs, eventually focusing on both strokes on both legs.

For example:

5 minutes of 30 seconds left leg 'kick' and 'scrape': 30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'kick' and 'scrape': 30 seconds recovery (5x total)

5 minutes of 30 seconds both legs 'kick': 30 seconds recovery (5x total)

5 minutes of 30 seconds both legs 'kick' and 'scrape': 30 seconds recovery (5x total)

For more information on 'ankling' (scraping) visit cyclingtips.com



REVEBOY

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ADVANCED TRAINING PROGRAMME

This training programme is developed by Paul Odlin, Revbox brand ambassador and professional cycle coach at O.C.C., designed specifically for a competitive intermediate or advanced road cyclist wanting to improve their racing potential over 9 weeks using the Revbox.

This programme can be modified to suit your requirements and level of fitness but as a guideline there are two weekly key training sessions using the Revbox. While the Revbox Erg is a great training tool, it is recommended that a mixture of rides outside (especially endurance length) are used in conjunction with Key Sessions on the trainer.

Note Key Sessions refer to interval sessions which should be done both outside (to simulate real racing conditions) and on the Revbox (to elicit a more controlled environment enabling a better quality session).

Level of effort is indicated by:

- Perceived exertion (RPE)
- Percentage of maximum heart rate (MHR)
- or percentage of functional threshold power (FTP) for those with a power meter or Revbox Power App.

WEEK ONE

Focus: Sweet spot training week 1



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity.

Finish session with 5 minutes warm down.

Session goal: Improve aerobic endurance through progressively overloading the cardiovascular system.



Tuesday: Key Session: Sweet Spot on Revbox Erg, 60 minutes.

Warm up for 12 minutes then complete five 5 minute work intervals at hard RPE; or 80-90% of MHR; or 88-92% of FTP. Between work intervals, recovery intervals are completed over 4 minutes at 90 rpm bringing RPE back to moderate/ 60% of MHR/<55% of FTP. Warm down for additional 3 minutes after last recovery interval.

Session goal: sweet spot refers to a training zone that sits between aerobic and anaerobic, required for higher intensity performance and a foundation to allow even higher intensity training.



Wednesday: Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Thursday: Key Session: Sweet Spot on Revbox Erg: 60 minutes.

Warm up for 12 minutes then complete five 5 minute work intervals at hard RPE; or 80-90% of MHR; or 88-92% of FTP. Between work intervals, recovery intervals are completed over 4 minutes at 90 rpm bringing RPE back to moderate/ 60% of MHR/<55% of FTP. Warm down for additional 3 minutes after last recovery interval.



Friday: Recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

WEEK TWO

Focus: Sweet spot training week 2



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Tuesday: Key Session: Sweet Spot on Revbox
Erg: 60 minutes.

Warm up for 12 minutes then complete five 5 minute work intervals at hard RPE; or 80-90% of MHR; or 88-92% of FTP. Between work intervals, recovery intervals are completed over 4 minutes at 90 rpm bringing RPE back to moderate/ 60% of MHR/<55% of FTP. Warm down for additional 3 minutes after last recovery interval.



Wednesday: Aerobic Endurance or Recovery
day: 60 - 120 minutes; road or Revbox Erg

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Thursday: Key Session: Sweet Spot on road - 60 minutes.

Warm up for 12 minutes then complete five 5 minute work intervals at hard RPE; or 80-90% of MHR; or 88-92% of FTP. Between work intervals, recovery intervals are completed over 4 minutes at 90 rpm bringing RPE back to moderate/ 60% of MHR/<55% of FTP. Warm down for additional 3 minutes after last recovery interval.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance: 180 - 240 minutes; road.


Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

WEEK THREE

Focus: Recovery week 1

 **Monday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

 **Tuesday:** Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

 **Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Thursday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance:
180-240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

WEEK FOUR

Focus: Strength Endurance (SE) training week 1



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Tuesday: Key Session: Strength Endurance
on Revbox Erg: 84 minutes.

Warm up for 12 minutes then complete three 15 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to SE not to use lower than 60 rpm). Recovery interval is 8 minutes.
Warm down for additional 3 minutes after last recovery interval.

Session goal: Strength Endurance has anecdotally proven to benefit performance in hill climbing, time trialling and during road races. The aim is to improve muscular strength specific to cycling; repetitiously and over duration.



Wednesday: Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Thursday: Key Session: Strength Endurance on Revbox Erg: 84 minutes.

Warm up for 12 minutes then complete three 15 minutes work intervall at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to Strength Endurance not to use lower than 60 rpm). Recovery intervall is 8 minutes. Warm down for additional 3 minutes after last recovery intervall.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

WEEK FIVE

Focus: Strength Training week 2



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Tuesday: Key Session: Strength Endurance on
Revbox Erg: 105 minutes.

Warm up for 12 minutes then complete three 20 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm

(note those new to Strength Endurance not to use lower than 60 rpm).

Recovery interval is 10 minutes. Warm down for additional 3 minutes after last recovery interval



Wednesday: Aerobic Endurance or Recovery
day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Thursday: Key Session: Strength
Endurance on road: 105 minutes.

Warm up for 12 minutes then complete three 20 minutes work interval at moderately hard RPE; or 75-85% of MHR; or 70-80% of FTP at 50-70 rpm (note those new to SE not to use lower than 60 rpm). Recovery interval is 10 minutes. Warm down for additional 3 minutes after last recovery interval.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance:
180-240 minutes; road.


Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

WEEK SIX

Focus: Recovery week 2

 **Monday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

 **Tuesday:** Aerobic Endurance or Recovery day: 60 - 120 minute; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

 **Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.


Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

 **Thursday:** Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

 **Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

 **Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

 **Sunday:** Aerobic Endurance:
180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

WEEK SEVEN

Focus: Overs and unders training week 1



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Tuesday: Key Session: Overs and Unders on
Revbox Erg: 85 minutes.

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 120-130% of FTP immediately followed by 1 minute 30 seconds at hard RPE; or 88-92% of FTP. Note for intervals shorter than 3 minutes, heart rate becomes less valuable as a guide due to the delay heart rate takes to respond to changes in intensity. Recovery interval between work intervals is 10 minutes.

Session goals: Improve lactate anaerobic performance and aerobic recovery through repeated increases in intensity. This is especially useful for group road racing and undulating time trial courses.



Wednesday: Aerobic Endurance or Recovery day: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Thursday: Key Session: Overs and Unders on Revbox Erg: 85 minutes.

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 120-130% of FTP immediately followed by 1 minute 30 seconds at hard RPE; or 88-92% of FTP. Note for intervals shorter than 3 minutes, heart rate becomes less valuable as a guide due to the delay heart rate takes to respond to changes in intensity. Recovery interval between work intervals is 10 minutes.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance: 180 - 240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

WEEK EIGHT

Focus: Overs and unders training week 2



Monday: Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



Tuesday: Key Session: Overs and Unders on
Revbox Erg: 85 minutes.

Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 130-140% of FTP immediately followed by 1 minute 30 seconds at hard RPE; or 88-92% of FTP. Note for intervals shorter than 3 minutes, heart rate becomes less valuable

as a guide due to the delay heart rate takes to respond to changes in intensity. Recovery interval between work intervals is 10 minutes.



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Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.



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Warm up for 20 minutes then complete two 20 minutes work interval of repeated 30 seconds at very hard RPE; or 130-140% of FTP immediately followed by 1 minute 30 seconds at hard RPE; or 88-92% of FTP. Note for intervals shorter than 3 minutes, heart rate becomes less valuable as a guide due to the delay heart rate takes to respond to changes in intensity. Recovery interval between work intervals is 10 minutes.



Friday: Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.



Saturday: Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.



Sunday: Aerobic Endurance: 180 - 240 minutes; road.


Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/or riding in a group. Finish session with 5 minutes warm down.

WEEK NINE

Focus: Recovery week 3

 **Monday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

 **Tuesday:** Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

 **Wednesday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.


Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

 **Thursday:** Aerobic Endurance or Recovery day:
60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible to mostly on flat terrain avoiding intensity. Finish session with 5 minutes warm down.

 **Friday:** Active recovery day.

Rest from bicycling and if possible perform recovery activity, i.e. core workout and conditioning or stretching programme.

 **Saturday:** Aerobic Endurance: 60 - 120 minutes; road or Revbox Erg.

Warm up for 5 - 10 minutes then continue for the next 50 - 105 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain. Finish session with 5 minutes warm down.

 **Sunday:** Aerobic Endurance:
180-240 minutes; road.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

Warm up for 5 - 10 minutes then continue for the next 165 - 225 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. If possible use a combination of flat and hilly terrain and/ or riding in a group. Finish session with 5 minutes warm down.

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