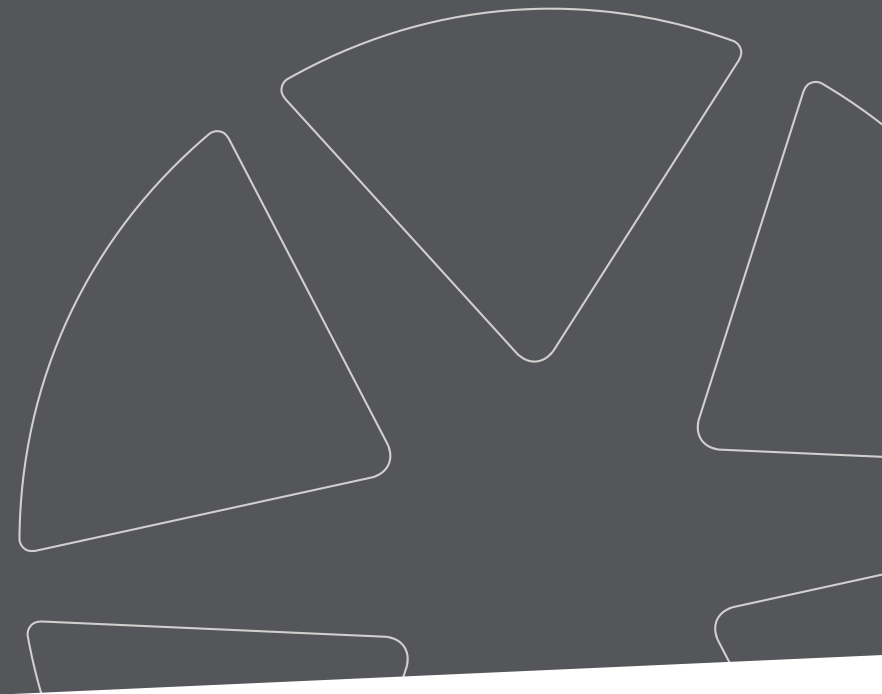


REVBOX 

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 centre 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:**

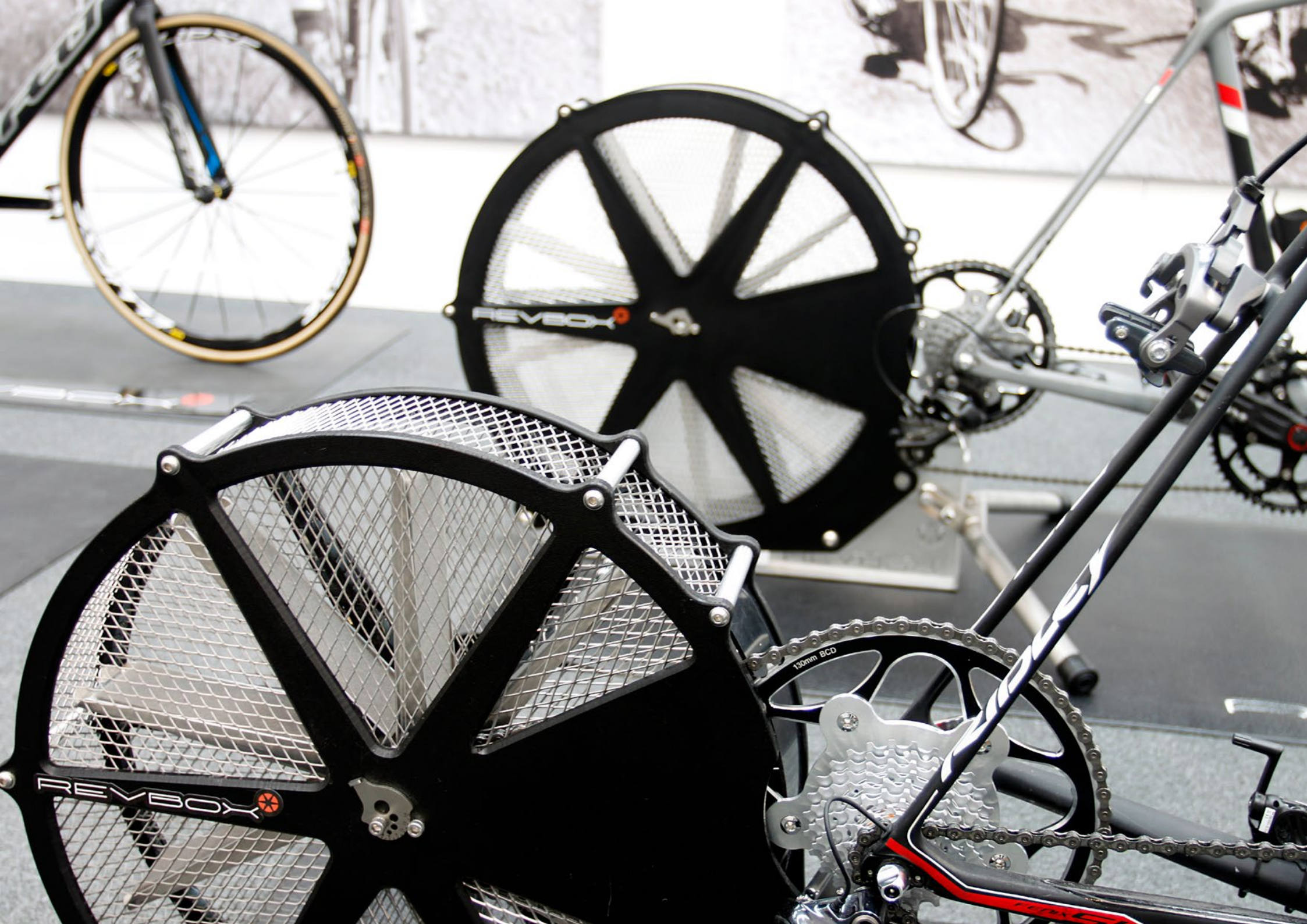
5 minutes of 30 seconds left leg 'kick' and 'scrape': 30 seconds recovery (5x total)

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](http://cyclingtips.com)





# BEGINNERS 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 beginner cyclist wanting to improve their fitness over 4 weeks using the Revbox. This programme can be modified to suit your requirements and level of fitness but as a guideline there are three-weekly training sessions.

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

 **Monday:** Rest day.

 **Tuesday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. Finish session with 5 minutes warm down.

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

 **Wednesday:** Rest day.

 **Thursday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. However during this time include eight x 5 minute intervals of variations in cadence while keeping similar exertion/%MHR/power, by changing the gear at rear cassette up and down every 5 minutes (keeping rpm between 80 - 110). Finish session with 5 minutes warm down.

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

 **Friday:** Rest day.



**Saturday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. During this time do endurance spinning drills (twenty x 10 second high cadence sprints in an easy gear every 2 minutes; or pedalling technique drills (see separate download on improving pedalling technique). Finish session with 5 minutes warm down.

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



**Sunday:** Rest day.

Focus: Aerobic endurance and skills to improve your technique using the Revbox.

# WEEK TWO

 **Monday:** Rest day.

 **Tuesday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. Finish session with 5 minutes warm down.

 **Wednesday:** Rest day.

 **Thursday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. However during this time include eight x 5 minute intervals of variations in cadence while keeping similar exertion/%MHR/power, by changing the gear at rear cassette up and down every 5 minutes (keeping rpm between 80 - 110).  
Finish session with 5 minutes warm down.

 **Friday:** Rest day.





**Saturday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP. During this time do endurance spinning drills (twenty x 10 second high cadence sprints in an easy gear every 2 minutes; or pedalling technique drills (See beginning of booklet).

Finish session with 5 minutes warm down.




**Sunday:** Rest day.

**Focus: Aerobic endurance  
& skills to improve your  
technique using the Revbox.**

# WEEK THREE

 **Monday:** Rest day.

 **Tuesday:** Aerobic Endurance; 75 minutes; road.  
Warm up for 10 - 15 minutes then continue for the next 50 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.  
Finish session with 5 minutes warm down.

 **Wednesday:** Rest day.

 **Thursday:** Sweet Spot, 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.

 **Friday:** Rest day.

 **Saturday:** Aerobic Endurance, 60 minutes.


Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.  
Finish session with 5 minutes warm down.

 **Sunday:** Rest day.

**Focus: Aerobic endurance and introduce interval training to rapidly improve your fitness introducing outdoor road cycling as well.**

# WEEK FOUR

 **Monday:** Rest day.

 **Tuesday:** Aerobic Endurance, 60 minutes; road.

Warm up for 10 - 15 minutes then continue for the next 50 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minutes warm down.

 **Wednesday:** Rest day.

 **Thursday:** Overs and Unders, 55 minutes.

Warm up for 20 minutes then complete two x 10 minute work intervals of repeated 30 seconds at very hard RPE; or 120-140% 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 5 minutes.

Session goals: Improve lactate anaerobic performance and aerobic recovery through repeated increases in intensity.

 **Friday:** Rest day.

 **Saturday:** Aerobic Endurance, 60 minutes.

Warm up for 12 minutes then continue for the next 43 minutes at a moderately hard RPE; or 75-85% of MHR; or 60-75% of FTP.

Finish session with 5 minute warm down.

 **Sunday:** Rest day.

**Focus: Aerobic endurance and introduce high intensity interval training to rapidly improve your fitness using a mixture of sessions on the Revbox and outdoor road cycling.**

[www.revbox.training](http://www.revbox.training)

  share your training journey, follow us: @revbox

