



**IMPROVE YOUR
BIKE POWER**

8% IN EIGHT WEEKS

By Coach **ROB WILBY** & [Team Oxygenaddict](#) - *In partnership with TRI247.COM*



About this eBook

This eBook contains a sample of 10 bike training sessions designed by Coach Rob Wilby and regularly used by Team Oxygenaddict's triathletes.

These sessions are designed to compliment run and swim training as part of triathlon training plans ranging from Olympic distance up to Iron-distance. They're designed to be completed indoors on a turbo trainer in order to maximise training impact.

Completing 2-3 of these sessions per week (plus 1 longer, lower intensity outdoor ride of 1.5 - 3 hours) sees typical athletes increase their power on average by 8% over an 8 week period*

Complete the FTP test first in order to establish the correct intensity to ride subsequent sessions, and then mix and match from the remaining 9 sessions each week.

Do not complete workouts on subsequent days - leave at least one full day in between each to maximise recovery.

For more information about **training with Team Oxygenaddict**, visit <https://team.oxygenaddict.com> or email help@oxygenaddict.com

Medical Declaration

In undertaking any of these training sessions you are confirming that you are fit, healthy and able to complete high intensity cycle training. Specifically:

- You have never felt chest pain when exercising
- You have never been advised by your doctor not to carry out any physical activity not prescribed by them
- You don't experience dizziness or loss of balance during or after exercise
- You have no joint or bone problems that could be made worse by a change in your physical activity
- You aren't currently being prescribed or taking medication for blood pressure or any heart condition
- You know of no other reason not to complete physical activity

If any of the above apply please consult with a doctor before undertaking any training. Team Oxygenaddict accepts no responsibility for illness, injury or health issues caused directly or indirectly as a result of completing the training sessions contained in this eBook.



About the Author: Coach Rob Wilby

Co-Founder & Head Coach of Team Oxygenaddict - a global team of **150+** Ironman & 70.3 age-group triathletes

Employed by **British Triathlon** as a coach assessor & educator - training and developing the next generation of British triathlon coaches

220Triathlon “Coach of the Year” & “Tri Club of the Year”

Creator of The [T.I.M.E Training System](#) for Ironman & 70.3 age-group triathletes

Host of the popular **Oxygenaddict Triathlon Podcast**, with over 700,000 downloads


Presented at one of the world’s leading endurance coaching events - the **Training Peaks Global “Endurance Coaching Summit”**...


...and featured in triathlon coaching videos, webinars, articles & podcasts for companies such as Tri247, 220Triathlon, Global Triathlon Network, IM Talk & Runners Connect, Totally Active Magazine



Session 1: (45 mins) - FTP Test

(Bike) Z4 FTP HR Threshold Test Upload

 **0:45:00** -- mi **75 TSS** Analyze

Warm Up Main Set  Build Workout Cool Down

	Planned	Completed	Description
Duration	0:45:00		h:m:s
Distance			mi
Average Speed			mph
Calories			kcal
Elevation Gain			ft
TSS	75		TSS
IF			IF
Normalized Power			W
Work			kJ
Min Avg Max			
Heart Rate			bpm
Power			W
Equipment			
Bike	Select Bike		
Shoes	Select Shoe		
Post-activity comments			

Automatically calculate planned values

Delete Cancel Save Save & Close


Session Notes:

- The FTP (or Functional Threshold Power) test is used to determine the intensity of all other sessions, and so should be completed as your first session
- After the warm-up, complete the 20 minute time trial as described.
- Your FTP is 95% of the power you can sustain for the 20 minute test
- If you're only riding with heart rate and not power, your FTHe is your average heart rate for the 20 minutes interval
- Redo the test every 6-8 weeks to measure progress and reset your FTP
- See <https://www.oxygenaddict.com/FTP-test-guidance> for more info on completing your FTP test

(Bike) Z4 FTP Intervals #1 6x5'

1:00:00 -- mi 68 TSS

Upload Analyze



	Planned	Completed	
Duration	1:00:00		h:m:s
Distance			mi
Average Speed			mph
Calories			kcal
Elevation Gain			ft
TSS	68		TSS
IF	0.82		IF
Normalized Power			W
Work			kJ

	Min	Avg	Max	
Heart Rate				bpm
Power				W

Equipment

Bike

Shoes

Description

Warm Up: 15 min
 6' easy Z1, gradually increase power to 75% FTP

 Pre Main:
 9' as 6 x 30" hard effort (90% FTP, HR Z3), 30' easy Z1 spin
 1' easy Z1 spin

 Main Set:
 6 x 5' hard (100% FTP, HR Z4), on 1' easy spin recovery (55% FTP, HR Z1)
 Build effort and HR across set so HR is a little higher on each of the first 3 than the one before. HR should settle right on the top of Z4 for each subsequent rep.
 Ensure a smooth pedalling action at 85-95 RPM.

 Cool Down:
 Rest of session, easy spin in Z1, 40-50% FTP

Post-activity comments

Enter a new comment

Automatically calculate planned values


Delete Cancel Save Save & Close


Session 2: (60 mins)

6x5' FTP Intervals

- 1) Warm up (6 mins)
- 2) Pre Main (9 mins)
- 3) Main Set (36 mins)
 - 6 x 5 minutes @ 100% of FTP (or Z4 heart rate)
 - 1 minute easy spin between each rep
- 4) Cool down (9 mins)

(Bike) Z4 2x12321 30'MS Upload

 **0:45:00** -- mi **46 TSS** Analyze



	Planned	Completed	
Duration	0:45:00		h:m:s
Distance			mi
Average Speed			mph
Calories			kcal
Elevation Gain			ft
TSS	46		TSS
IF	0.79		IF
Normalized Power			W
Work			kJ

	Min	Avg	Max	
Heart Rate				bpm
Power				W

Equipment

Bike ▼

Shoes ▼

Description

Warm up: (6 mins)
6 mins easy spin, gradually increase effort

Pre Main: 4 mins
3 mins as 30s fast effort, 30s easy recovery
1 mins very easy spin

Main set: (30 mins)
2x
(1,2,3,2,1) min HARD effort (100% FTP, HR build to top Z4 across main set) each off 1 minute easy spin (55% FTP) recovery. Efforts in aero position if possible.

4 mins easy spin recovery between sets

5 mins: Easy spin cool down for the rest of the session.

Post-activity comments

Workout Details

Automatically calculate planned values Delete Cancel Save Save & Close

Session 3: (45 mins)


Z4 FTP - 2x(1, 2, 3, 2, 1)

- 1) Warm up (6 mins)
- 2) Pre Main (4 mins)
- 3) Main Set (30 mins)
 - 2 sets of:
 - 1, 2, 3, 2, 1 minutes) @100% of FTP (or Z4 heart rate)
 - Intervals on aero bars (if you have them)
 - 1 minute easy spin between each rep
 - 4 minutes easy spin between each set
- 4) Cool down (5 mins)

(Bike) Z4 FTP CrissCross two x 20'

1:00:00 -- km 73 TSS

Upload Analyze



	Planned	Completed	
Duration	1:00:00		h:m:s
Distance			km
Average Speed			kph
Normalized Power			W
Elevation Gain			m
TSS	73		TSS
IF	0.86		IF

	Min	Avg	Max	
Heart Rate				bpm
Power				W
Pace				min/km

Equipment

Bike:

Shoes:

- Warm Up**
4 min @ 60 % of FTP
- Ramp up in 5 steps**
 - 1 min @ 60 % of FTP
 - 1 min @ 68 % of FTP
 - 1 min @ 75 % of FTP
 - 1 min @ 83 % of FTP
 - 1 min @ 90 % of FTP
- Recovery**
3 min @ 70 % of FTP
- Repeat 4 times**
 - Burst**
30 sec @ 110 % of FTP
 - Sweetspot**
4:30 @ 90 % of FTP
- Recovery**
5 min @ 55 % of FTP
- Repeat 4 times**
 - Burst**
30 sec @ 110 % of FTP
 - Sweetspot**
4:30 @ 90 % of FTP
- Cool Down**
3 min @ 40 % of FTP

Session 4: (60 mins)

Z4 FTP 2x20' CrissCross

- 1) Warm up (4 mins)
- 2) Ramp up (5 mins)
- 3) Recovery (3 mins)
- 4) Main set 1 (25 mins)


4 sets of:


 - 30 seconds @ 110% of FTP (or low-Z5 heart rate)
 - 4min 30 @ 90% of FTP (or top-Z3 heart rate)
 - 5 mins recovery
- 5) Main set 2 (20 mins)

4 sets of:

 - 30 seconds @ 110% of FTP (or low-Z5 heart rate)
 - 4min 30 @ 90% of FTP (or top-Z3 heart rate)
- 6) Cool down (3 mins)

(Bike) Z3 Up Steps (20' MS)


 **0:45:00** -- mi **41 TSS**





	Planned	Completed	
Duration	0:45:00		h:m:s
Distance			mi
Average Speed			mph
Calories			kcal
Elevation Gain			ft
TSS	41		TSS
IF	0.74		IF
Normalized Power			W
Work			kJ

Heart Rate: Min Avg Max bpm

Automatically calculate planned values

 Upload

 Analyze



Session 5: (45 mins)

Z3 Up Steps

- 1) Warm up (15 mins)
- 2) Main Set (20 mins)
 - 1, 2, 3, 4, 5 minute intervals @ 85% of FTP (or Z3 heart rate)
 - Intervals on aero bars (if you have them)
 - 1 minute easy spin between each rep
- 3) Cool down (10 mins)

Description

Warm up: (15 mins)
 5 mins easy spin, gradually increase effort
 5 mins as 30s faster effort, 30s easy recovery
 5 mins very easy spin

 Main set: (20 mins)
 1,2,3,4,5 min MODERATELY HARD effort (HR Z3, or 85% FTP), each off 1 minute easy spin (little ring) recovery. Efforts in aero position.

 Rest of session: easy spin recovery to cool down in Z1


Post-activity comments

FRIDAY 29 March, 2019 Enter Time Fitness 51 Fatigue 33 Form 21

(Bike) Z2 Big Gear 3' of 10' (60')

1:00:00 -- km **48 TSS**

Upload Analyze



	Planned	Completed	
Duration	1:00:00		h:m:s
Distance			km
Average Speed			kph
Normalized Power			W
Elevation Gain			m
TSS	48		TSS
IF	0.69		IF

	Min	Avg	Max	
Heart Rate				bpm
Power				W
Pace				min/km

Equipment

Bike:

Shoes:

Description

Warm-up: (15 mins)
 5' build effort, cadence above 90, (70% FTP, HR Z2)
 5' as 30" cadence 100+, 30" cadence 75, (55% FTP, HR Z1)
 5' steady effort, cadence above 90, (70% FTP, HR Z2)

 Main Set:
 Repeating main set of
 3' Big Gear, with cadence (<75), 75% FTP, Z2 HR
 7' normal gear, with high cadence (90+), 70% FTP, Z2 HR
 Effort for whole set is steady, HR Z2, capped at 75% FTP

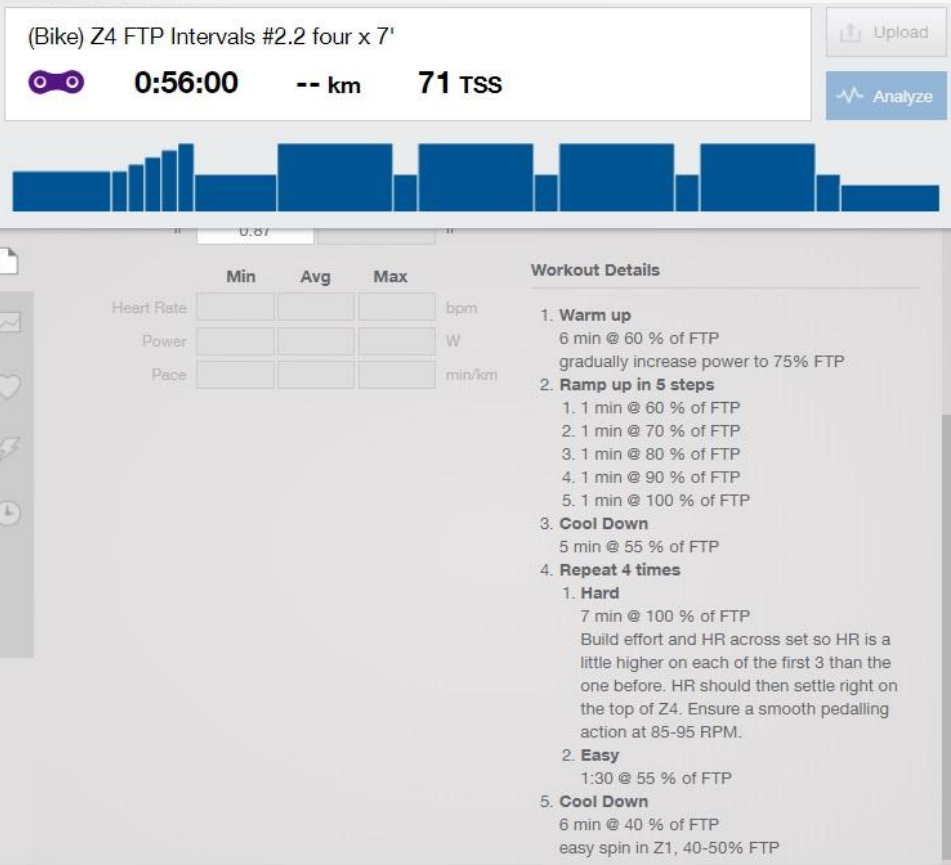
 Cool Down:
 Last 10', ride easy, spin in little ring, 55% FTP

Pre-activity comments

Session 6: (60 mins)

Z2 Big Gear

- 1) Warm up (15 mins)
- 2) Main Set (30 mins)
 - 3 sets of:
 - 3 minutes with cadence <75 & 75% of FTP (or Z2 heart rate)
 - 7 minutes with cadence >90 & 75% of FTP (or Z2 heart rate)
- 3) Cool down (15 mins)



Session 7: (56 mins)

Z4 FTP 4 x 7 minutes

- 1) Warm up (6 mins)
- 2) Ramp up (5 mins)
- 3) Cool down (5 mins)
- 4) Main set (34 mins)
 - 4 sets of:
 - 7 minutes @ 100% of FTP (or Z4 heart rate)
 - 1:30 minutes recovery
- 5) Cool down (6 mins)

(Bike) SST 2x15' 85%-90%-95%

 **1:00:00** -- km **64 TSS**

 Upload

 Analyze

Workout Details

1. Warm up

5 min @ 40 % of FTP
HR Z1

2. Repeat 5 times

1. Standing

30 sec @ 75 % of FTP
HR Z2

2. Seated

30 sec @ 55 % of FTP
HR Z1

3. Repeat 3 times

1. Hard

1 min @ 100 % of FTP

2. Easy

1 min @ 55 % of FTP

4. Recovery

4 min @ 55 % of FTP

5. Repeat 1 times

1. Lower SST

5 min @ 85 % of FTP
HR Mid Z3

2. SST

5 min @ 90 % of FTP
HR Top Z3

3. Upper SST

5 min @ 95 % of FTP
Hr Mid Z4

6. Recovery

5 min @ 55 % of FTP

7. Repeat 1 times

1. Lower SST

5 min @ 85 % of FTP
HR Mid Z3

2. SST

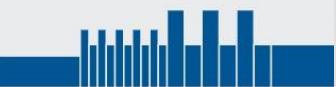
5 min @ 90 % of FTP
HR Top Z3

3. Upper SST

5 min @ 95 % of FTP
Hr Mid Z4

8. Cool Down

5 min @ 40 % of FTP



Planned

Duration

Distance

Average Speed

Normalized Power

Elevation Gain

TSS

IF

Min A1

Heart Rate

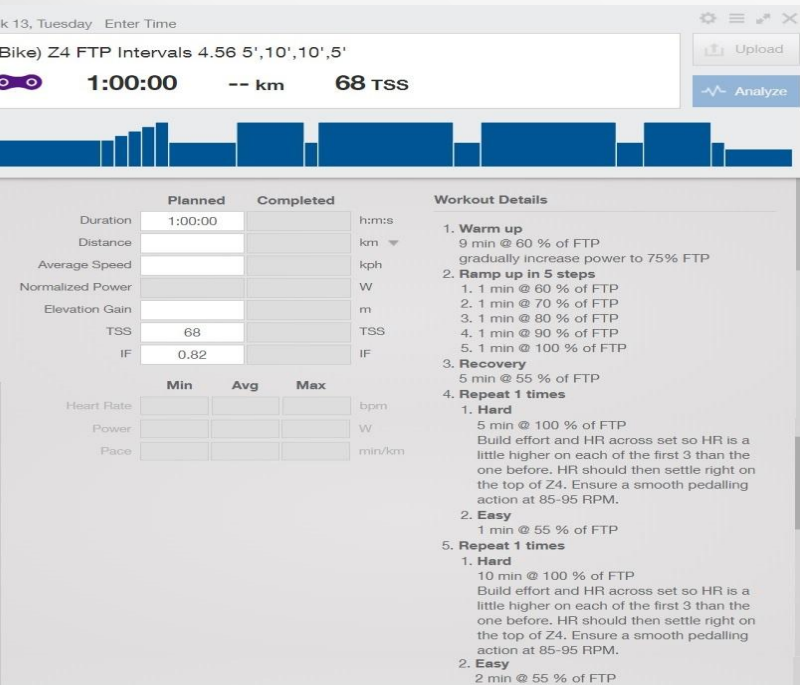
Power

Pace

Automatically calculate planned values

Session 8: (60 mins) Z3 FTP 2 x 15 mins

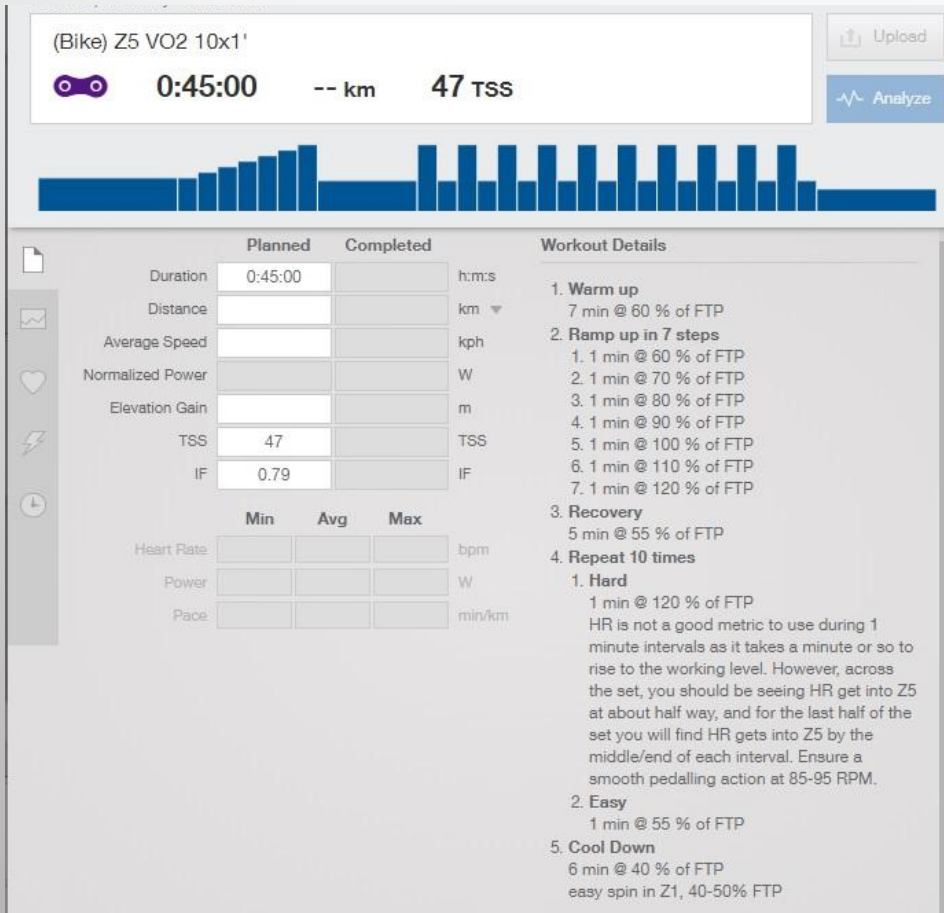
- 1) Warm up (5 mins)
- 2) Sit / stand (5 mins)
- 3) Pre main (6 mins)
- 4) Recovery (4 mins)
- 5) Main set (35 mins)
 - 2 sets of:
 - 5 minutes @ 85% of FTP (or mid-Z3 heart rate)
 - 5 minutes @ 90% of FTP (or top-Z3 heart rate)
 - 5 minutes @ 95% of FTP (or mid-Z4 heart rate)
 - 5 minutes recovery
- 6) Cool down (5 mins)



Session 9: (60 mins): Z4 FTP - 5,10,10,5 mins

- Repeat 1 times**
 - Hard**
10 min @ 100 % of FTP
Build effort and HR across set so HR is a little higher on each of the first 3 than the one before, HR should then settle right on the top of Z4. Ensure a smooth pedalling action at 85-95 RPM.
 - Easy**
2 min @ 55 % of FTP
- Repeat 1 times**
 - Hard**
5 min @ 100 % of FTP
Build effort and HR across set so HR is a little higher on each of the first 3 than the one before, HR should then settle right on the top of Z4. Ensure a smooth pedalling action at 85-95 RPM.
 - Easy**
1 min @ 55 % of FTP
- Cool Down**
5 min @ 40 % of FTP
easy spin in Z1, 40-50% FTP

- Warm up (9 mins)
- Ramp up (5 mins)
- Recovery (5 mins)
- Main set (36 mins)
 - 5mins @100% of FTP (or Z4 HR)
 - 1min easy
 - 10mins @100% of FTP (or Z4 HR)
 - 2 mins easy
 - 10mins @100% of FTP (or Z4 HR)
 - 2 mins easy
 - 5mins @100% of FTP (or Z4 HR)
 - 1min easy
- Cool down (5 mins)



Session 10: (45 mins)

Z5 VO2 10 x 1 minute

- 1) Warm up (7 mins)
- 2) Ramp up (7 mins)
- 3) Recovery (5 mins)
- 4) Main set (20 mins)
10 sets of
 - 1 min @ 120% of FTP (or Z5 HR)
 - 1 min easy
- 5) Cool down (6 mins)

Useful Training Resources

The links below provide a range of other useful resources used by Team Oxygenaddict athletes, designed to help ensure your triathlon training is both as time efficient and effective as possible:

- **Swim Drills:** Video instructions of swim drills to improve every aspect of your stroke: <https://www.oxygenaddict.com/swim-drills>
- **Run Pace Calculator:** Calculate the exact pace zones to be used in your run training: <https://www.oxygenaddict.com/vdot>
- **The Oxygenaddict Triathlon Podcast:** Over 200 episodes of interviews with pros, training tips and lots more: <https://www.oxygenaddict.com/podcast>

And finally...

- Trial Team Oxygenaddict for [30 days for just £1!](#) (more info on the next page):

TEAM OXYGENADDICT:

TRIAL

£1

£997 PER YEAR

**TRIAL 30 DAYS OF TEAM OXYGENADDICT
MEMBERSHIP FOR JUST £1!**

- ✓ **LIBRARY OF TRAINING PLANS:** 100+ plans designed to match your ability, experience, goals and available training time
- ✓ **UNLIMITED ONLINE COACH ACCESS:** All the accountability & support you need to train to the best of your ability
- ✓ **WEEKLY TRAINING CHECK-IN:** Review your training with coach Rob & discuss the week(s) ahead
- ✓ **MONTHLY GROUP COACHING CALLS:** Chat face-to-face & in detail with me and your team mates about your training

- ✓ **NUTRITION GUIDANCE:** Learn what to eat, how much and when to maintain health & fuel training effectively
- ✓ **ABILITY TO SWITCH TRAINING PLANS:** Change of race plans? No problem – just let us know!
- ✓ **DAILY EMAIL TRAINING REMINDERS:** Know exactly what training the days ahead have in store for you
- ✓ **PRIVATE FACEBOOK COMMUNITY:** 150+ like-minded teammates all around the world
- ✓ **ACCESS TO EXCLUSIVE MEMBER-ONLY CONTENT:** All the resources you need to help you understand everything about your training plan
- ✓ **15% DISCOUNT ON TEAM RACE KIT**
- ✓ **EXCLUSIVE PARTNER DISCOUNTS** including wetsuits, power meters, hydration, training software and much more

After your trial period, should you wish to remain a Team Oxygenaddict athlete, you'll have the option of becoming an annual member for £997 per year (payable upfront), or a monthly member for £147 per month (payable monthly)

YES! I'm Ready to Start My 30 Day Trial

[Click here to start your Team Oxygenaddict 30 day trial](#)

What Team Oxygenaddict athletes have to say...



Stephen

May 1 at 10:16 AM

Just to post another "this program really works" update 😊 - Did my Swim CSS this morning and my 400m (Now 7m:36 from 8m:02s) and 200m (Now 3m:46s from 3m:59s) had huge improvements since the last test at start of March - so happy! Thanks to Rob Wilby and everyone for constant reminders that sticking to the training program really works. My starting 400m time was 8m:36s back in November so feel like i can actually swim now 😊



Neil

November 16 at 11:44 AM

8 weeks as part of Team Oxygen Addict and I feel like I have been part of a weird Tony Stark/Marvel experiment where they dipped my legs in some titanium solution that makes them super strong and rock hard. Every time I asked for more they gave it. 60km CX bike on heavy ground and feels like nothing.



James Clarke

May 1 at 9:50 PM

I just wanted to echo what a lot of people have already said about the plan over the last few weeks. I decided to do my FTP Monday as I'm travelling for the next 2 days. My last FTP was 236 at the start of March, now it's 271! I really chuffed with that, and thank you Rob Wilby for the plan - I wouldn't believe that was possible 6 months ago.



Jo

February 23 at 5:37 PM

Did an aerobic run test today, out of interest as I hadn't done one for a while. November averaged 6:46/km, December 6:32/km, February 6:07/km, all on the same loop. Now this just means I'm going to have to do another one in a few weeks, a sub 30min 5k at maffetone HR is too tempting a target!



You and 19 others

1 Comment Seen by 118



Suzanne

★ Rising Star · 22 hrs

Super happy as just done my first CSS retest since joining in November. My 400m time has improved by 27 secs from 7.45 to 7.18 😊 I've only managed 2 swims max a week and nothing last week so really pleased.

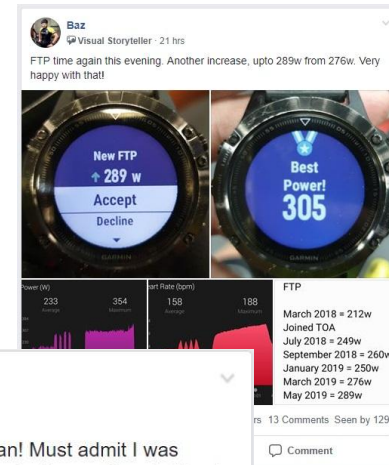
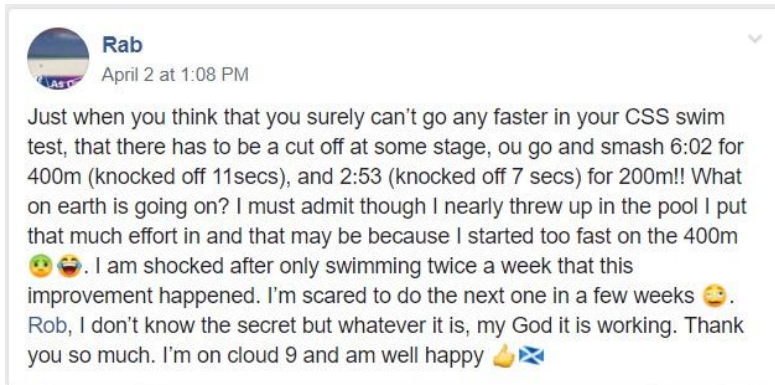


Kathryn

January 1 at 6:35 PM

Just done the FTP test... increase of 34w since October 🙌 well chuffed given training was mixed the last few weeks abs the last 10days have been a diet of turkey & gin!!
Looks like my blasphemous Tuesdays & Thursdays have been worth it

What Team Oxygenaddict athletes have to say...



Hi guys,

A big thank you to **Rob Wilby** for all his guidance these past few months. TOA has been amazing and managed a 30min PB today at Bahrain 70.3 - thanks to all those bike sessions. Chuffed to snag a spot for Nice too.

What Team Oxygenaddict athletes have to say...

[\(click below to see more\)](#)



As a single mum, Laura's time is precious. But that hasn't stopped her successfully stepping up to longer distance triathlon!

An efficient, effective, flexible and achievable training schedule has helped Laura double her FTP and achieve her goal of completing her first 70.3

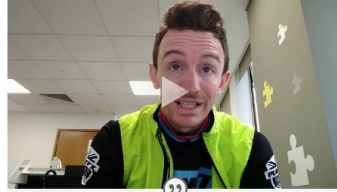
Laura Ongaro
70.3 & Iron-distance athlete, Team Oxygenaddict



Sean is a headteacher, working long hours. So Team Oxygenaddict's time-efficient approach to training has been crucial to his success.

Since joining Team Oxygenaddict, Sean's FTP has increased from 150w to 270w, as well as knocking 37 minutes off his 70.3 PB!

Sean Trimble
70.3 athlete, Team Oxygenaddict



Training in a consistent, structured way with Team Oxygenaddict has enabled Oliver to understand & complete more of his important training.

Oliver has been able to successfully step up to Iron distance triathlon, as well as knocking 20 minutes off his Olympic distance PB in the process!

Oliver Hague
70.3 & Iron-distance athlete, Team Oxygenaddict



Deirdre joined us completely new to triathlon, only able to swim 20m. She completed her first 70.3 9 months later with a 38 minute swim!

"I've been absolutely blown away by the support I've received. The T.I.M.E. Training System has given me something I never thought possible - a structured training plan with in-built flexibility"

Deirdre McAuliffe
70.3 & Iron-distance athlete, Team Oxygenaddict



Easy to understand training with clear priorities and all the support needed when schedules need amending has been crucial to Darren's progress.

His FTP has increased by 21%, he is running faster for a lower HR and his 400m swim time is under 7:20 when his initial target was 8:00.

Darren Nice
70.3 & Iron-distance athlete, Team Oxygenaddict



Felike thought his Ironman dream was unachievable due to the training time needed, until he found Team Oxygenaddict's T.I.M.E. Training System.

"I'm loving it and my family is loving it because I'm spending less time training, but it's much more effective time"

Felike Dik
70.3 & Iron-distance athlete, Team Oxygenaddict



Self-coached GB age-group athlete Natalie found writing her own training plans stressful, struggled with the volume and saw results plateau.

Since joining Team OA Natalie's increased her FTP by 20%, and shortly after recording she won a silver medal in the ETU age-group duathlon champs!

Natalie Duncombe
GB age-group athlete, Team Oxygenaddict



Being a lawyer in London, Andrew often works long, unpredictable hours - and needed a flexible method of training reflecting that.

Since joining Team OA, Andrew has achieved his long term goal of representing GB at the 70.3 distance, thanks to huge gains in his bike performance.

Andrew Morrison
GB age-group athlete, Team Oxygenaddict



Rab's dreamed of completing an Ironman for 30 years. His training is flexible around his lifestyle and weekly training priorities are always clear.

Being part of the team has been brilliant for Rab's progress, seeing improvements in every FTP (bike), CSS (swim) and run test completed.

Rab Marshall
70.3 & Iron-distance athlete, Team Oxygenaddict



Chris's previous approach to training was to do what he could, when he could. Now, he knows what he needs to do, when, and understands why.

Thanks to the consistent, structured training from Team Oxygenaddict Chris is fitter than ever, and ready to tackle his first Ironman

Chris Hodges
Iron-distance athlete, Team Oxygenaddict

Thank You!

Find out more about [training with Team Oxygenaddict here](#)



Team Oxygenaddict Member Dashboard
All your training resources in one handy place!

- SWIM** (All of our swim-related training tools can be found here)
- BIKE** (Here you'll find all our cycling-focused guides)
- RUN** (The link to all our running content)
- OTHER** (Everything else you'll need, including nutrition and other related resources)
- PODCASTS** (Listen back to the regular podcasts on your phone)
- WEBINARS** (Watch up on all past webinars and future ones)
- COMMUNITY** (Join our team for Team Oxygenaddict's private Facebook group)