



Racing Your FTP

Created By: Dennis Mellon – Master Educator with Stages Indoor Cycling

Training Type: Varied

Working HR and Wattage Zones: “Around” Threshold or Joe Friel’s Lactate Threshold Zone 4

Total Class Length: 60 Minutes

Ride Profile: “Racing Your FTP”.

The title of this ride is “Racing Your FTP”. The goal is very simple; beat your FTP or “Threshold Check” numbers on every set. The ride will consist of two warm up songs, a “Threshold Check”, and three efforts of around 12, 18 and 9 minutes with a 1 minute recoveries after each.

Cueing Definitions:

Flat and Fast - Cadence of 90-110rpm, mostly seated

Seated Climb - Cadence of 60-80rpm, mostly seated

Standing Climb - Cadence of 60-80rpm, mostly standing

Threshold Wattage - Maximum Sustainable Wattage or tested FTP

Threshold Heart Rate - Maximum Sustainable Heart Rate

Perceived Exertion Threshold: On a scale of 1-10, with 10 being Max, 8 is Threshold.

Playlist: *Provided a mixed MP3*

0:00-5:29 “Difference Maker” by NEEDTOBREATHE

5:30-8:53 “Love and Memories” by O.A.R

8:54-15:52 “Pistolero” by Juno Reactor

16:10-19:43 “Summer” by Calvin Harris! !

19:44-24:45 “Lullaby” by Shawn Mullins

24:46-28:31 “Shake” It Off by Taylor Swift

28:32-32:50 “Heart of Glass” by Blondie

32:51-36:48 “Don’t Bring Me Down” by ELO

36:49-43:22 “Land of Hope and Dreams” by Bruce Springsteen

43:23-47:12 “Take My Number” by Melissa Etheridge

47:13-50:55 “Rather Be” by Clean Bandit

50:56-54:02 “Maps” by Maroon 5

54:03-57:03 “Problem” by Ariana Grande

57:04-60:44 “Meanwhile Back at Mama’s” by Tim McGraw

60:45-64:45 “Preacher” by OneRepublicThe Ride:

0:00-5:29 Warm-up: “Difference Maker”

The goal of this warm-up is to slowly and steadily increase the intensity to a perceived exertion of 7 out of 10, a HR of 80% of threshold or Zone 2/3 and/or a wattage of 80% of threshold.

Increase the resistance a little bit every minute to reach the goal intensity while alternating between seated and standing riding.

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5:30-8:53 Advanced Warm-up: "Love and Memories"

The goal of the advanced warm-up is to prepare the body for the harder, more intense, work to come. This song has 4 pick-ups. Stand for the ramp up or recoveries then sit and push for the surges.

5:30-5:37 Stand and ramp up the resistance/wattage

5:38-5:45 Sit and surge, push wattage above threshold or PRE of 9

5:46-6:16 Stand and recover

6:17-6:32 Sit and surge, push wattage above threshold or PRE of 9

6:33-7:03 Stand and recover

7:04-7:35 Sit and surge, push wattage above threshold or PRE of 9

7:36-8:06 Stand and recover

8:07-8:53 Sit and surge, push wattage above threshold or PRE of 9

8:54-15:52 Threshold Check: "Pistolero"

During this song perform a 6 minute "Threshold Check". Ride at maximum sustainable wattage or HR for 6 minutes, while maintaining a RPM range of 80-110. At the end of the effort use the console or HR monitor to calculate average wattage or HR for the interval.

If an average feature is not available make a best guess of maximum sustainable wattage or HR. If no metrics are available try to get a "feel" for maximum sustainable intensity or threshold RPE.

From this point on, the average, best guess or RPE will be called "Threshold". There are better and more accurate ways to calculate threshold, but this is a quick way to get numbers to work with.

8:54-9:52 Spend this minute explaining the "Threshold Check" procedure

9:53-15:52 Ride for 6 minutes at maximum sustainable wattage, HR or RPE

90-110rpm. At the end of the interval calculate threshold.

15:53-16:55 Recovery. The song "Summer" will begin playing, but continue to recover until...

16:55-16:56-32:50 Racing Threshold for 12 minutes: "Summer", "Lullaby" and "Shake It Off".

The goal of this 12 minute set is to finish with an average wattage or HR that is above threshold by at least 1 watt or heartbeat. If average feature is not available try to keep wattage or hr above threshold for as much of the interval as possible. If no metrics are available, try to ride at maximum sustainable intensity.

16:56-19:45 Seated around threshold 90-110rpm.

19:46-20:00 Stand and ramp up resistance 60-80rpm.

20:01-20:45 Seated around threshold with 60-80rpm.

20:46-21:00 Stand around threshold 60-80rpm.

21:01-21:45 Seated around threshold 60-80rpm.

21:46-22:00 Stand around threshold 60-80rpm.

22:01-22:45 Seated around threshold 60-80rpm.

22:46-23:00 Stand around threshold 60-80rpm.

23:01-23:45 Seated around threshold 60-80rpm.

23:46-24:00 Stand around threshold 60-80rpm.

24:01-24:45 Seated around threshold 60-80rpm.

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24:46-28:31 Stand and add wattage every minute until the end of the song 60-80rpm.
Check average wattage and/or HR.

28:32-29:31 Recovery. The song “Heart of Glass” will begin playing, continue to recover until 29:31.

29:32-47:12 Racing Threshold for 18 minutes: “Heart of Glass”, “Don’t Bring Me Down”, “Land of Hope and Dreams”, “Take My Number”

The goal of this 18 minute set is to finish with an average wattage or HR that is above threshold by at least 1 watt or heartbeat. If average feature is not available try to keep wattage or hr above threshold for as much of the interval as possible. If no metrics are available try to ride at maximum sustainable intensity.

29:32-32:49 Seated around threshold 70-80rpm.

32:50-36:50 Alternating, every 30 seconds, between seated and standing around threshold, holding the same rpm for both the seated and standing riding.

36:51-43:22 Seated around threshold 60-70rpm. This is a long heavy effort, stand if necessary for short periods if necessary. This is also a time to be quiet and find the “flow”.

43:23-47:12 Stand and ride at whatever intensity is needed to reach the goal of beating FTP or threshold by at least one watt or heart beat.

47:13-48:13 Recovery. The song “Rather Be” will begin playing, continue to recover until 48:13.

48:14-57:03 Racing Threshold for 9 minutes: “Rather Be”, “Maps”, “Problem”

The goal of this 9 minute set is to finish with an average wattage or HR that is above threshold by at least 1 watt or heartbeat. If average feature is not available try to keep wattage or hr above threshold for as much of the interval as possible. If no metrics are available try to ride at maximum sustainable intensity.

48:14-50:55 Seated around threshold 90-110rpm

50:55-54:05 Alternate standing for 15 seconds with seated riding for 45 second around threshold and 60-80rpm for 3 minutes.

54:06-57:03 Ride any way needed to reach the goal of beating threshold by at least 1 watt or heart beat.

Time for final recovery and cool down.