

Roller Endurance Session

This session is great for developing endurance throughout the winter months. The idea is quite simple, a continuous block of endurance Z2 riding alternating with Tempo (Z3) or Sweet Spot. The aim is to keep the effort consistent and build up Time In Zone (TIZ) in the different power zones.

Equipment Used

4.5" or 3" rollers with Flywheel or Headwind Fan.

This session needs resistance. A Flywheel on either the 4.5" or 3" Kreidler rollers will give a road like feel with enough resistance to ride at high power levels.

The Session

Warm up at a lower Z2 level for about 5 minutes before moving into mid or higher level Z2 for 5 minutes before the first tempo (Z3) effort.

Then...

5 mins Z3, 5 mins Z2 – repeated 5x

Warm down for 5 mins after final Z3 effort.

Cadence can be naturally selected, i.e. what you feel comfortable with. Normally it will be higher in the Z2 and Z3. Range likely to be 90-100 rpm Z2, 85-95 rpm for Z3.

As the session goes on you will probably find cadence in Z3 decreases as fatigue sets in.

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Training sessions provided by
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How to Do It

This session is surprisingly hard because it requires you to stay in Z2 during the “rest” phase. In truth, it isn’t rest and that is the point. The aim is to build TIZ of both Z2 and Z3. A common mistake many people make when looking to build their aerobic engines is to make the off sections too easy. Keeping at Z2 means you don’t quite recover and the Z3 intervals feel progressively harder as the session goes on.

Progression and Other Thoughts

The basis of this session is to think of it as Z2 with added Z3 intervals in it. It’s a continuous effort that requires concentration to complete and is a great way to build fitness when riding indoors.

The first progression is to add more intervals. Once you can complete the session as set, so the whole session is in the Z2 and Z3, add more intervals up to 8 max.

The next progression is to increase the Z3 interval length. 10 minutes, then 15 minutes and eventually 20 minutes with 5 – 8 minutes Z2 in between. Getting to an hour of Z3 in total is a good target.

Another progression is to increase the power in the efforts to Upper Z3 or Sweet Spot. So Z2 and Sweet Spot.

As you can see, this session is highly flexible. It can be used all winter as part of a progressive training where you can build Time in Zone at both Z2 and Z3. Remember, that the rest phases must ALWAYS be Z2 – that is where the true gains will come from. In fact, we have heard of one World Tour rider who, when coming back from a major leg injury, got to the point of 30 minutes Z2, 30 minutes of Z3 for 4 hours!