



7oaks Tri Turbo Session 2 Functional Threshold Test

13/11/2014

This week we are going to perform a 20 minute TT as hard as you can and record average heart rate (or power) for that 20 minutes.

This number is often referred to as your Lactate Threshold Heart Rate LTHR

By multiplying that figure by 95% we can estimate your average heart rate/power for 1 hour.

From this number, known as your Functional Threshold Heart Rate (FTHR) or FTP (where the P is power), we can calculate your training zones.

For now, you simply need to record this number and email it to me.

Warm up

Total mins	Description
10	10 mins easy build up (from bottom to top of zone 2 / RPE 1 up to 5) 3 x 1 mins high cadence (increase your cadence by at least 10 rpm but don't change gear)
15	1 min normal cadence between efforts
20	5 mins easy zone 2 / RPE 5

Main

25	Ride for 5 minutes at your normal 20 minute TT pace (i.e. Ride at a pace you think you could sustain for 20 mins but no longer)
30	5 minutes zone 2 / RPE 5
50	20 minute TT as hard as you can. Record average heart rate (or power)
60	10 min cool down RPE 5 or less

Stretching

Hold each stretch for 30 seconds minimum, 60 seconds if you have time. Remember to breath. Do every day after training/when you are warm.

You want to feel mild tension/slight discomfort when stretching but NO more than that. About a 7 out of 10 in terms of effort

Position	Muscle	Notes
Lying	Glutes	Lie flat on back, pull one knee to chest, keep other leg straight
	Glutes medial rotation of hip	Then pull knee across body
	Glutes lateral rotation of hip	Cross one leg over the other, clasp hands together behind back of bottom knee
Kneeling	Hip Flexor	Knee on one knee, slid hips forward to open out hip joint
Standing	Quadriceps	Hold foot in shoelace area, pull heel towards backside
	Hamstrings	Either touch toes or place on leg on chair and lean forward
	Calves (gastrocnemius)	Rear leg straight, heel flat to floor, lean against wall
	Calves (soleus)	As above with rear leg bent
	Latissimus dorsi	Reach for sky
	Pectorals (chest)	Place one hand on wall, walk forward with inside leg, turn torso away from wall
	Triceps	Stretch one arm upwards then bend it as if trying to reach back of your neck