1000m BIKEERG TEST - 8 WEEK TRAINING PLAN

WEEK 1	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	1000m ride. This is your initial time trial. Aim to maintain your pace over the second half. Record your time.		
Day 2	6 x 500m work with 3 min rest		
Day 3	4 x 1000m with 2 min rest		
Day 4 (optional)	10,000m ride at a consistent pace.		

WEEK 2	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	8 x 250m with 90 seconds rest		
Day 2	6 x 500m work with 3 min rest		
Day 3	4 x 1000m with 2 min rest		
Day 4 (optional)	6 x 1500m with 1 min rest		

WEEK 3	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	8 x 250m with 90 seconds rest		
Day 2	7 x 500m work with 3 min rest		
Day 3	5 x 1000m with 2 min rest		
Day 4 (optional)	12,000m ride at a consistent pace.		

WEEK 4	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	10 x 250m with 90 seconds rest		
Day 2	7 x 500m work with 3 min rest		
Day 3	5 x 1000m with 2 min rest		
Day 4 (optional)	6 x 2000m with 1 min rest		

WEEK 5	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	10 x 250m with 90 seconds rest		
Day 2	8 x 500m work with 3 min rest		
Day 3	6 x 1000m with 2 min rest		
Day 4 (optional)	15,000m ride at a consistent pace.		

WEEK 6	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	12 x 250m with 90 seconds rest		
Day 2	8 x 500m work with 3 min rest		
Day 3	6 x 1000m with 2 min rest		
Day 4 (optional)	5 x 3000m with 1 min rest		

WEEK 7	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	12 x 250m with 90 seconds rest		
Day 2	10 x 500m work with 3 min rest		
Day 3	8 x 1000m with 2 min rest		
Day 4 (optional)	20,000m ride at a consistent pace.		

WEEK 8	WORKOUT	AVE PACE LOG	ERGDATA
Day 1	6 x 250m with 90 seconds rest		
Day 2	2 x 500m work with 3 min rest		
Day 3	1000m test		
Day 4 (optional)	20,000m ride at a consistent pace.		

WORKOUT INFORMATION

- Warmup prior to working out. The warmup should consist of 5 to 10 minutes of cycling that begins easily, builds to moderate intensity, and includes a few short bursts of higher intensity near the end.
- Each week includes three workouts. We have included an optional 4th workout for those wishing to exercise four times per week. Off days should include optional cross-training exercise.
- For the interval workouts, "Rest" is defined as very easy, low intensity cycling.
- Use your recorded pace from previous workouts to plan for the next. If the workout is the same as the previous week, see if you can improve your pace. If the workout has more intervals than the previous week, see if you can maintain the same pace.
- Tap the ErgData icon on any device with the ErgData app to load the workout.

Helpful links for more info:
Managing Resistance and Intensity: https://www.concept2.com/bikeerg/training/managing-resistance-and-intensity
Setting up the BikeErg: https://trawww.concept2.com/bikeerg/training/setting-bikeerg