


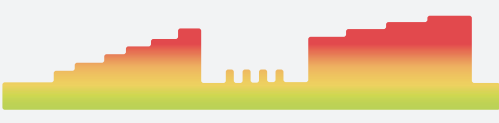








I WILL BEAT MY ASS TODAY TO KICK YOURS TOMORROW

#IWBMATTKYT


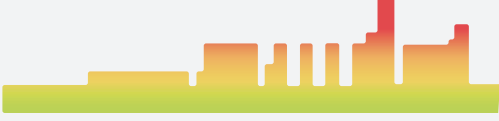
TIME TRIAL

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|--|------------|---|---|--|
|  THE LONG SCREAM | 35 minutes | Time trialling with the best in the world | Maintaining concentration while putting out serious watts |  |
|  RUBBER GLOVE | 60 minutes | A 20 minute functional threshold performance (FTP) test | Setting fitness baseline for training programmes |  |




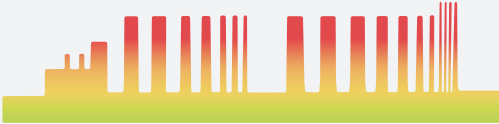

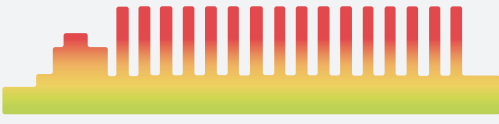

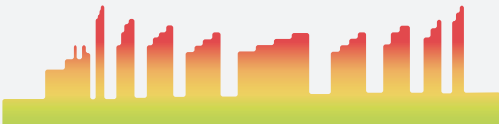
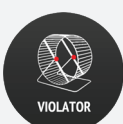
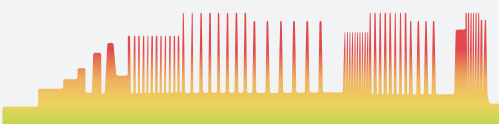



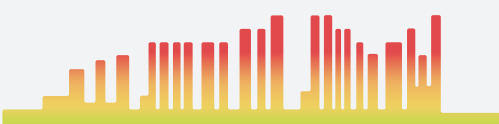

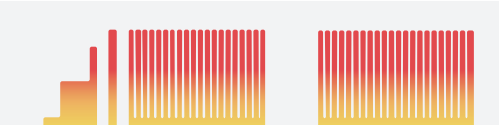
CLIMBING

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|---|------------|---|--|--|
|  THE HUNTED | 60 minutes | A 20 minute climb followed by the worst 5:00 known to mankind | Ability to maintain effort on long climbs and still attack toward the finish |  |
|  ANGELS | 62 minutes | 3 x 8:00 climbs with lots of attacks | Handling repeated changes in tempo while climbing |  |
|  THE WRETCHED | 48 minutes | A pure, attacking, climbing, fighting Tour de France stage | Bringing you to your knees |  |



STYLE

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|--|------------|---------------------------------------|--------------------------------|--|
|  ELEMENTS OF STYLE | 45 minutes | Drills to improve efficiency and form | Making you a better bike rider |  |







SPEED

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|---|------------|--|---|--|
|  | 51 minutes | 5 x 4 minute high-intensity intervals | Increasing ability to break away or hold onto a sustained attack! |  |
|  | 60 minutes | 2 sets of 8 intervals from 2 mins to :15 seconds | Improving your ability to make repeated, max intensity efforts |  |
|  | 45 minutes | 15 x 1:00 maximum intensity intervals | Increasing your maximum power and ability to recover |  |
|  | 60 minutes | Accelerating intervals (you get faster and faster during the interval) | Improving ability to accelerate under pressure |  |
|  | 68 minutes | 64 x sprints of :05, :10 and :15 seconds | Winning races in a sprint. |  |
|  | 55 minutes | Nine VO2 and Threshold Intervals | Improving performance at your limit |  |
|  | 48 minutes | 22 inverse and matching intervals from 1 minute to 10 seconds | Getting seriously FAST |  |
|  | 39 minutes | 2 sets of 20 x 15 second intervals seconds | A hard workout when you have little time |  |


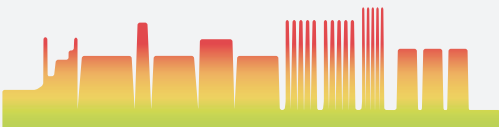

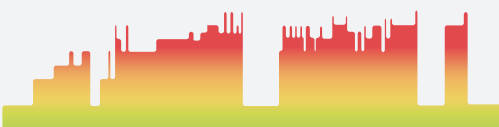


BASE TRAINING

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|---|------------|---|---|--|
|  | 90 minutes | Six climbs of various durations, efforts and cadences | Base training or easy tempo days between intervals. |  |

RACE SIMULATION

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|--|------------|--|--|---|
|  | 20 minutes | Race simulation | Threshold work and short climbs |  |
|  | 58 minutes | 5 x 6:30 intervals with 22 (!) attacks | Increasing ability to go from flats to sharp climbs, all while responding to surprise attacks. |  |
|  | 85 minutes | 3 x 6:00 Time Trial Pyramids, 5 x 3:00 Race Simulation, 3 x 2:30 sprints | Building the ability handle anything road racing can throw at you |  |
|  | 54 minutes | 3 x 10 minutes race simulation | Surviving "Crunch Time" in races |  |
|  | 48 minutes | Two x 13:30 race simulations | Criterium and cyclocross racers |  |

ENDURANCE

| VIDEO | DURATION | WHAT'S IT ABOUT | BEST FOR | INTENSITY |
|---|-----------------------|---|--|--|
|  | 1 hour and 40 minutes | Wide assortment of intervals from :20 seconds to 10 minutes. | Improving your performance for long efforts |  |
|  | 75 minutes | 2 x 20 minutes with a 3 minute kicker at the end | Handling race situations over long periods of time (20:00 intervals) |  |
|  | 2 hours | 4 big climbs (15 min, 20min, 20min, 8min) and a sprint into the finish. | Improving race performance and climbing |  |