

Georgia Tech Triathlon Club - Cycling Information

The following definitions and examples are meant to show the different types possible cycling workouts, and the components of workouts.

--**CFR**: foundation ride- steady ride @ moderate aerobic intensity

ex. 1 hr

--**CLH**: bike long hills- 5-8 min climbing intervals @ threshold/VO2 max intensity w/ 3 min active recovery. Warm up and cool down long enough to reach total time.

ex. 4x5 min (1hr 10 min total)

--**CLI**: bike lactate intervals- 3-5 minute intervals @ VO2 max intensity w/ 3 min active recoveries. Warm up and cool down long enough to reach total time.

ex. 6x3 min (1 hr 25 min total)

--**CLR**: long bike ride- long steady ride @ moderate aerobic intensity

ex. 4 hr ride

--**CPI**: bike power intervals- 20 second intervals done in high gear @ speed intensity w/ 2 min active recovery. Warm up and cool down to reach total time.

ex. 8x20 sec (1 hr 20 min total)

--**CRR**: recovery bike- steady ride @ recovery intensity

ex. 20 min

--**CSI (miami)**: bike speed intervals- 1 min intervals @ speed intensity w/ 2 min active recovery or 1.5 min intervals @ speed intensity w/ 3 min active recovery. Wu and cd to reach total time.

ex. 8x1 min (1 hr 5 min total)

--**CSH**: bike short hills- 1 min hill climbs @ VO2max/ speed intensity w/ 2 min active recovery or 1.5 min hill climbs @ same with 3 min active recovery. Wu and cd to reach total time.

ex. 10x1 min (t hr 15 min total)

--**CSS**: steady state ride- steady ride @ high aerobic intensity

ex. 2 hr steady rate

--**CTR**: tempo bike ride- one or two blocks or riding @ threshold intensity (10 min active recovery when divided into two blocks). Wu and cd to reach total time.

ex. 2x18 min (1 hr 45 min total)