

Out 'n Back Time Trial Prep Efforts

This session will get you amped for your next Time Trial. Warm up for at least 15 minutes. Then do an TT out 'n back course of *** miles out, turn around and come back. [***Start with 3 miles and work your way up to 10 miles over time]. Begin at a stopped position, simulating the start of a Time Trial. Then race to the turnaround marker, turn around and come back. Your goal is to sustain or increase the pace on the way back. Thereafter, ride easy for at least 10 minutes and then do 4-8 x 1min all out efforts, with 2-3 min recovery time in between [take more recovery time if needed].

