



RICHMOND TRI CLUB

BIKE CLINIC WORKOUT PACK



TRR RPE Scale

Use this scale to guide the bike workouts.



RPE 1-3

Easy Effort (Zone 1)



RPE 4-5

Comfortable and Controlled (Zone 2)



RPE 6-7

Focused but Sustainable Effort (Zone 3)



RPE 8-9

Strong and Hard Effort (Zone 4)



RPE 10

All-Out Effort (Zone 5)



Coaching Reminder

Match the workout to the intended effort.
Harder is not always better.



Coach Justin White | Tabula Rasa Racing



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Workout 1: Aerobic Endurance Ride



Purpose: Build aerobic fitness, durability, and comfort on the bike.



Total time: 45–75 minutes



Warm-Up

Ride easily for 10 minutes at RPE 1–3. Gradually increase your cadence and effort during the final few minutes, but remain below the primary endurance effort.



Main Set

Ride for 25–55 minutes at RPE 4–5. The effort should feel comfortable, controlled, and sustainable. You should be working, but it should not feel like an interval session. Avoid turning every hill or open stretch of road into a hard effort.



Focus On

- Maintaining steady pressure on the pedals
- Keeping your upper body relaxed
- Riding smoothly rather than chasing speed
- Keeping the effort within RPE 4–5
- Fueling and hydrating appropriately for the duration



Cooldown

Ride easily for 5–10 minutes at RPE 1–3.



Coaching Reminder

An endurance ride is not supposed to leave you exhausted. Its value comes from accumulating comfortable and controlled aerobic work that you can recover from and repeat consistently.



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Workout 2: Cadence and Pedaling Control



Purpose: Improve coordination, cadence control, and pedaling awareness.



Total time: Approximately 50 minutes



Warm-Up

Ride easily for 12 minutes at RPE 1–3. During the warm-up, include three 20-second periods where you gradually increase your cadence without significantly increasing resistance or effort. Recover for at least 1 minute at RPE 1–3 after each effort.



Main Set

Complete 6 rounds of: 1 minute at a comfortably high cadence, then 2 minutes of easy riding at RPE 1–3. During the high-cadence portions, keep the effort between RPE 4–5. The goal is to increase leg speed without turning the drill into a hard interval. Keep your hips stable on the saddle without bouncing.

After the six rounds, ride easily for 5 minutes at RPE 1–3.

Then complete 4 rounds of: 30 seconds of fast, smooth pedaling at RPE 4–5, then 90 seconds of easy riding at RPE 1–3.



Cooldown

Ride easily for 8–10 minutes at RPE 1–3.



Coaching Reminder

The goal is not to pedal as fast or as hard as possible. Increase cadence while maintaining control, stability, smooth pressure, and a comfortable overall effort.



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Workout 3: Low-Cadence Strength Intervals



Purpose: Develop cycling-specific muscular strength and improve your ability to apply force to the pedals.



Total time: Approximately 55–65 minutes



Warm-Up

Ride easily for 15 minutes, beginning at RPE 1–3. Include three progressive efforts of 20–30 seconds at RPE 4–5 to prepare your legs for the main set. Return to RPE 1–3 between efforts.



Main Set

Complete 5 rounds of: 3 minutes at RPE 6–7, cadence approximately 55–65 RPM, then 3 minutes of easy recovery at RPE 1–3. Use enough resistance to create firm pressure on the pedals, but do not grind so heavily that your form breaks down.



Focus On

- Remaining seated
- Maintaining a stable upper body
- Applying even pressure through both legs
- Controlling your breathing
- Producing smooth, deliberate force
- Keeping the effort focused but sustainable



Cooldown

Ride easily for 10 minutes at RPE 1–3.



Coaching Reminder

Low-cadence work should feel strong and deliberate, but it should remain sustainable. It is not a maximal strength test. Reduce the resistance if your effort rises above RPE 7, your cadence drops excessively, your form deteriorates, or you experience knee pain.



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Workout 4: Controlled Tempo Intervals



Purpose: Improve your ability to sustain a focused, controlled effort without starting too hard.



Total time: Approximately 60 minutes



Warm-Up

Ride easily for 15 minutes. Begin at RPE 1–3 and gradually progress toward RPE 4–5 during the final several minutes.



Main Set

Complete 3 rounds of: 8 minutes at RPE 6–7, then 4 minutes of easy riding at RPE 1–3. The interval should feel focused and challenging, but sustainable. Finish each interval feeling as though you could have continued for another minute or two at the same effort.



Pacing Focus

Keep your effort consistent from beginning to end. Avoid beginning at RPE 8–9 and fading later in the interval. Settle into RPE 6–7 early and maintain that effort through the finish.



Cooldown

Ride easily for 8–10 minutes at RPE 1–3.



Coaching Reminder

This workout teaches pacing as much as fitness. A well-executed interval remains focused, sustainable, and consistent rather than becoming a strong and hard survival effort.



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