

REAL RIDES. REAL RESULTS.

COMPLEXITY

Our videos are categorised Simple, Intermediate or Complex based on the complexity of the workout.

SIMPLE:

Simple videos tend to be less intense and with a very to easy follow workout that doesn't require excessive changes in resistance and cadence.

INTERMEDIATE:

Intermediate videos can be intense, but the nature of the workout is simple, usually based on multiple repetitions of the exact same interval with few changes in resistance or cadence during the interval.









COMPLEX:

Complex videos are both intense and complex, requiring numerous changes of resistance and cadence during intervals and a high degree of attention from the rider.




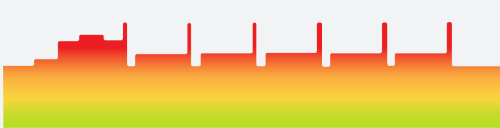
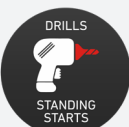
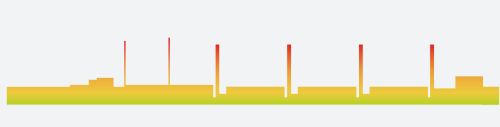
FITNESS TEST

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	59 minutes	The most advanced cycling fitness test	Determine your strengths, weaknesses and gauging your progress more accurately	INTERMEDIATE	
	58 minutes	A 20 minute functional threshold performance (FTP) test	Setting fitness baseline for training programmes	INTERMEDIATE	


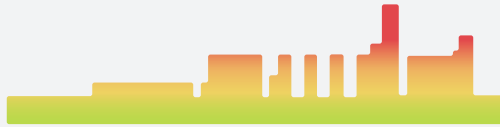
BASE

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	60 minutes	Eight climbs that focus on hitting the sweet spot — that effort level right below your threshold	Boosting your threshold without the fatigue	SIMPLE	
	56 minutes	Five climbs of various durations, efforts and cadences	Base training or easy tempo days between intervals	SIMPLE	
	21 minutes	A structured warm-up to get you ready to CRUSH IT	Perfect for using before major events, in conjunction with any SUF Cycling workout and for those Sufferlandrians who need a longer warm up before Suffering	SIMPLE	
	43 minutes	Sneaking away for a quick ride through the Pyrenees	Getting a dose of sub-threshold efforts at a wide range of cadences	INTERMEDIATE	




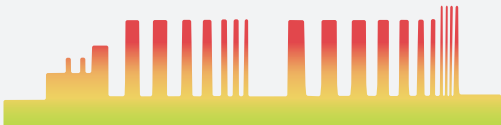

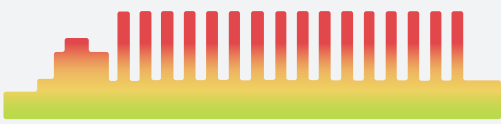



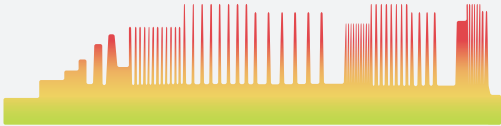

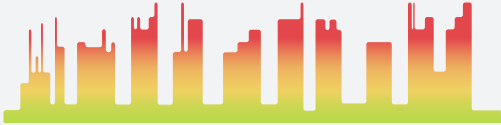

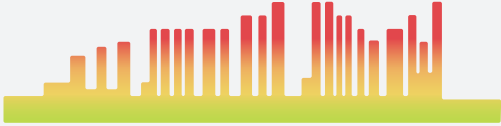
DRILLS


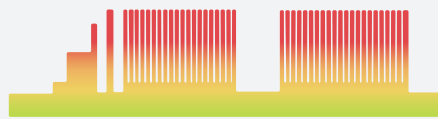

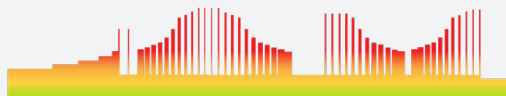




VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
 DRILLS PRIMERS	46 minutes	A series of moderate and high intensity intervals to prime your system for tomorrow. Featured in SUF Cycling Training Plans	Preparing to kick ass at your big event	SIMPLE	
 DRILLS CADENCE BUILDS	57 minutes	Emulating the leg speed of the Sufferlandrian Speed Demon. Featured in SUF Cycling Training Plans	Improving the neuromuscular pathways in your pedal stroke	SIMPLE	
 DRILLS STANDING STARTS	44 minutes	Standing and delivering raw power	Developing your sprint power and neuromuscular strength	SIMPLE	

STYLE


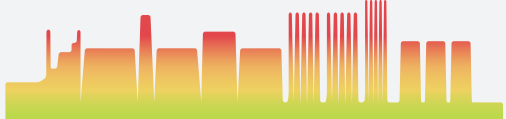
VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
 ELEMENTS OF STYLE	36 minutes	Drills to improve efficiency and form	Making you a better bike rider	SIMPLE	






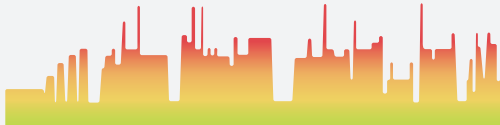






SPEED

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	49 minutes	5 x 4 minute high-intensity intervals	Increasing ability to break away or hold onto a sustained attack!	COMPLEX	
	55 minutes	2 sets of 8 intervals from 2 mins to :15 seconds	Improving your ability to make repeated, max intensity efforts	INTERMEDIATE	
	45 minutes	15 x 1:00 maximum intensity intervals	Increasing your maximum power and ability to recover	INTERMEDIATE	
	50 minutes	Accelerating intervals (you get faster and faster during the interval)	Improving ability to accelerate under pressure	INTERMEDIATE	
	59 minutes	64 x sprints of :05, :10 and :15 seconds	Winning races in a sprint	INTERMEDIATE	
	59 minutes	Nine VO2 and Threshold Intervals	Improving performance at your limit	COMPLEX	
	43 minutes	22 inverse and matching intervals from 1 minute to 10 seconds	Getting seriously FAST	COMPLEX	




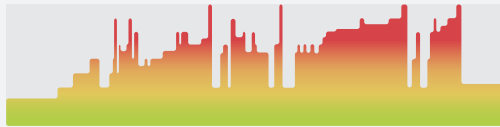

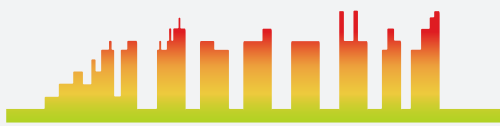


	37 minutes	2 sets of 20 x 15 second intervals	A hard workout when you have little time	INTERMEDIATE	
	59 minutes	Digging yourself into a ditch and then finding your way out again	Working your top end speed by bringing yourself to the edge and then going even deeper	INTERMEDIATE	
	58 minutes	Putting in the hard work and getting the job done	A do-it-all workout that develops nearly every aspect of your fitness	INTERMEDIATE	
	58 minutes	Attacks, counter-attacks and a long sub-threshold effort for good measure	Developing your all-out breakaway power and your ability to stay away	INTERMEDIATE	

ENDURANCE




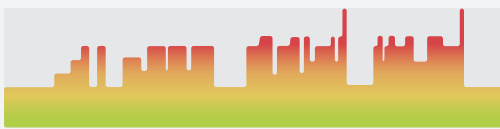


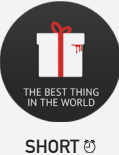


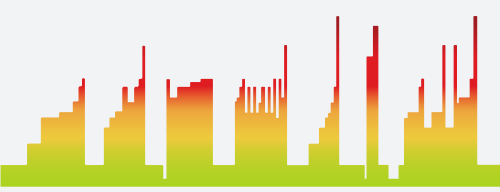


VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	1 hour and 42 minutes	Wide assortment of intervals from :20 seconds to 10 minutes	Improving your performance for long efforts	INTERMEDIATE	

	55 minutes	Race simulation and pain shakes	Working your threshold and top end speed	INTERMEDIATE	
	58 minutes	2 x 20 minutes of Hell	Handling race situations over long periods of time (20:00 intervals)	COMPLEX	
	2 hours	4 big climbs (15 min, 20min, 20min, 8min) and a sprint into the finish	Improving race performance and climbing	COMPLEX	
	42 minutes	8 x 2:00 - Low-cadence, hightorque efforts with one minute recoveries	Developing neuromuscular strength and endurance through a series of low-cadence, high intensity efforts.	INTERMEDIATE	
	58 minutes	Smoothly applying pressure again and again	Developing your maximal aerobic power (MAP)	INTERMEDIATE	
	59 minutes	4 x 10-minute efforts at or near threshold.	Improving the ability to properly pace and sustain longer efforts at threshold.	SIMPLE	



CLIMBING

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	55 minutes	3 x 8:00 climbs with lots of attacks	Handling repeated changes in tempo while climbing	COMPLEX	
	47 minutes	A pure, attacking, climbing, fighting Tour de France stage	Bringing you to your knees	COMPLEX	
	50 minutes	Building muscular strength and endurance with 11 low cadence intervals.	Increasing the brute force in every pedal stroke	INTERMEDIATE	
	56 minutes	A brutal 40 minute climb	Building climbing endurance the likes of which the Sufferlandrian Volcano Climber would be jealous of	COMPLEX	

RACING

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	21 minutes	Race simulation	Threshold work and short climbs	COMPLEX	
	53 minutes	3 x 10 minutes race simulation	Surviving "Crunch Time" in races	COMPLEX	
	46 minutes	Two x 13:30 race simulations	Criterium and cyclocross racers	COMPLEX	
	30 minutes	One x 13:30 race simulation	Criterium and cyclocross racers	COMPLEX	
	50 minutes	Six intervals replicating track racing's Omnium	Simulating chaotic race scenarios and getting you to sprint to your maximum capacity	COMPLEX	
	53 minutes	Surges and attacks followed by sustained sub-threshold efforts	Teaching the body to cope with a max output followed by sustained efforts	INTERMEDIATE	

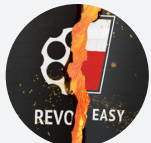
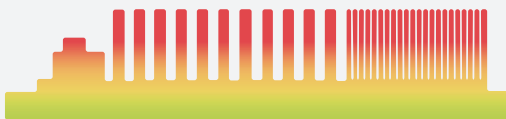
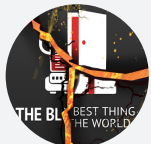
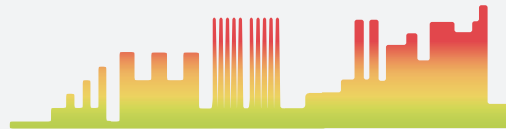

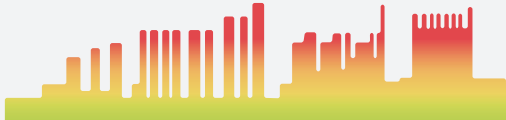

TIME TRIAL

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	35 minutes	Time trialling with the best in the world	Maintaining concentration while putting out serious watts	INTERMEDIATE	

UNSTRUCTURED RIDE

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
	15 minutes	Unstructured ride	Easy or steady tempo days.	SIMPLE	
	30 minutes	Unstructured ride	Easy or steady tempo days.	SIMPLE	
	45 minutes	Unstructured ride	Easy or steady tempo days.	SIMPLE	
	60 minutes	Unstructured ride	Easy or steady tempo days.	SIMPLE	

MASH-UPS

VIDEO	DURATION	WHAT'S IT ABOUT	BEST FOR	COMPLEXITY	INTERVAL STRUCTURE
 <p>Revolver is Easy</p>	45 minutes	The first 11 intervals from Revolver followed by the last set from Half Is Easy . Easy!	Turning you into the Speed Demon of Sufferlandria	INTERMEDIATE	
 <p>The Best Way is Blended</p>	57 minutes	Warm up with tempo climbing from The Way Out , then conquer two sets of pain shakes from Blender before tackling the second race simulation from The Best Thing in the World	Finding your breaking point and then Suffering past it	COMPLEX	
 <p>Told Off by Angels</p>	55 minutes	Told what to do by the two men in the car from Do As You're Told , followed by taking orders from John Degenkolb in The Rookie , and finally telling your legs to SHUT UP! as you ATTACK the final climb from Angels	Handling changes in pace, surges and ATTACKS and recovering so you can do it all over again	COMPLEX	
 <p>It Seemed Like Thin Air</p>	150 minutes	Climbing, climbing and more climbing	Developing your mental and physical tolerance for pain, misery and agony	COMPLEX	