

B1 Right ON Training Guide for Cyclists

Let's look at how to use right on training to help you be more productive with your time on the bike, become stronger, faster, efficient and lead your group ride, win some races or drop some friends. 😊
<https://www.b1gruppo.com/training>

Some Topics Covered:

- How To Use B1-Right On Training
- When Should I Do Right On Training
- Getting Dropped From The Break?
- Why Do Right On Training?
- Right On Training or Polarized Training

There is no replacement for the long ride when it comes to aerobic fitness, that's why we include and use B1-Right On training to build your aerobic fitness and begin the process of pushing out your FTP Higher.

In your training cycle, make sure that you ask yourself: how is this training applicable to my cycling, or whatever training goals that you may have, it varies between individuals. Some just want to improve their fitness, some want to lead the group ride, some want to win races!

Last thing to mention: Right On Training does burn a lot of calories, so make sure your nutrition is in check!
In short: eat carbs!!

What Is Right On Training In Cycling?

Let's define the Right On zones in cycling: 84-97% of your Functional Threshold Power (FTP).
Simply works you hard enough to build a solid engine increase power and endurance with the least amount of fatigue!

How To Use Right On Training

Most of the information regarding B1-Right On training from before 2020 will recommend that you want to start off small, making sure to elongate the Right ON intervals for longer periods of time, beyond the 20 minute time range! We do get into intervals of up to 20 min but you will find that it's a calculated gradual increase as we boost the power of your engine and safely build to reduce any chance of training injuries!

You can start with 4 x 8 minutes or 2 x 15 minutes at Right On intervals, with half of the interval time as rest (so 4 or 7.5 minutes for this example), and slowly move up, with the goal of getting to 45-minute

intervals and beyond, with only 5 minutes of recovery between this longer sessions (for the more advanced riders).

See more on this below, **but I no longer prescribe these really long Right ON intervals due to their high fatigue cost versus the benefit gained for the athlete.**

Make sure you've tested your FTP to have accurate data on your FTP training. We should and will be increasing your training duration week after week.

If tempo is no man's land by some people's claim, I'd really call Right On no man's land DURING RIDE and Raceseason (Summer outdoor season).

When Should I Do Right ON Training?

RIGHT ON TRAINING FOR WINTER TRAINING / PRESEASON

Right On, or high tempo / low threshold, is a great way to get aerobically fit during the base period. I use this during the week with a combined Right On weekend ride and endurance ride. It not only boosts aerobic capabilities, but as we build in duration of intervals when you go back to shorter intervals such as the less duration surges required on the road, you will be able to hang on to those surges! Trick your mind! Everything is relative.

RIGHT ON TRAINING DURING SUMMER SEASON

It really depends on your goals during the summer ride / race season if you need to rack up some kilojoules and you are short on time great use it. However, this is not a replacement for long endurance rides, over unders, FTP work at 105% FTP or better yet B1 Training focused Club Ride!

You can also use this because you can focus on repeatability of Right On efforts. You can stack a few of these intervals back-to-back and get phenomenal adaptations, but again in the late spring **you really need to graduate past this in order to have optimal summer ride/race fitness.**

You can most likely get more actual work done at this intensity than doing back-to-back 100% FTP sessions, but **this is NOT a replacement for riding at 100-105%!**

I'll say: B1-Right ONS should NOT replace threshold riding! We will touch on threshold but mainly as the training progress and definitely in the Spring Training (B1 Spring Super Charger)

Right On Spot Intervals

Riding JUST UNDER 100%, (95-97%) at Right On, will push out your ability to really push it when you must. You need to do some threshold work in order to know what that red line feeling feels like, but on a physiological level, you can get so much growth from Right On training. That said, once you can nail Right On intervals, you need to go harder so you don't get stagnant or plateau!

I was riding with a cyclist recently who mentioned that he is using similar Right On training, and that he was doing 4 Right On workouts a week. This is way too much, and I really refer back to what was mentioned in the first paragraph: what is the goal of all of these workouts?

This is too much Right On or sweet spot cycling because the intensity of each ride combined is just going to make you very tired, and then where do you go from there? **If you feel inclined to do an “FTP builder”, you must build and then use the adaptation before it goes away.**

You can get a bump here and there, but true FTP building comes over properly and gradually building a strong foundation! If you simply build your FTP and then go work on one-minute efforts for a few weeks, I will make a bet that you will not have the same FTP when you come back!

Right ON and FTP building workouts are best saved for a winter training in preparation for your spring plan that will have you ready for the road! You will then be ready to lead your group rides and races. Push and be prepared for those hard efforts encountered when riding with others or racing!

Unless you have a big group ride or race coming up in January, you do not need to be doing Right On training in the autumn months. End of Sept, Oct beginning of November is a great time to back it off and give your body the recovery it deserves! Your body and mind will love you for it! The first period of the Right On Plan works with you and prepares your body for the massive training blocks that await down the road. Always remember: Ride/Train Smart!

Right On Workouts

We don't make these too complex or overthink it.

As previously mentioned, the target is in the range of 84 to 97% of your FTP. Before you start doing these intervals, please read above, as Right On training is not the best way to improve your threshold power, but the BEST way to build you and prepare you to go above and beyond your threshold targets and training goal!

AND, you will see your biggest gains in the long run!

Getting Dropped from The Group or Break

Do you find yourself with a group ride or making the break of a race but getting dropped?
Do you find yourself in the group ride but don't have any kick at the end?

This can be extremely frustrating since you were able to hang on to the ride make the selection but can't seem to have the finishing kill at the end.

One thing you can do to help your chance in the group ride or break is to build out your aerobic base, and you can accomplish this with right On training which B1 Plan combines with Over Under, VO2Max work or Actual Threshold Training (at 98-105% FTP).

The B1 winter Right On Plan will help you increase your workload and allow you to get farther down the road with the lead group!

Why Is B1-Right ON Effective?

Its effective because we have calculated the right amount of the effective training zones that keep you from fatiguing and ready for your next workout! The cost of fatigue versus the benefit gained, is key to improvement and gains!

Instead of a plan that does just Right on, Sweet Spot, threshold, Vo2Max workouts we have designed a new training plan with the right amount in each zone and more endurance, which not only improves your aerobic efficiency, it improves VO2Max! Yes, endurance training can improve your VO2Max by improving mitochondrial density in the cells, which is very important to POWER on the bike.

Why Do B1-Right ON training?

Let's first ask, "Why Should I Do Right On Training Intervals In Cycling?"

Right On Training provides many of the adaptations that Threshold Intervals or FTP Cycling Intervals provide, but there's less fatigue and stress on the body. It's the balance between intensity and volume, since most athletes can do more Right On than threshold, because the stress it is less than threshold cycling intervals.

The *claimed* physiological gains that are made with Right ON cycling are increased plasma volume, increased mitochondrial enzymes (POWER!), increased lactate threshold, and increased glycogen storage. These are all very important to cycling success, but your body will stop adapting to the training stress if this is all that you do! THAT'S NOT ALL WE DO!

Take note of the fact that even though it claims to increase your lactate threshold, you can most likely improve this even more with steady state FTP work at 105%! GREAT that's why we do just that as the program progresses!

Right On Training allows you to push out how long you can ride at a high intensity, which will allow you to last longer in the group ride or hard effort during a road race of your peers, but also in Rides or races where you are "racing up", versus more talented riders. That being said, take note, that if you are riding or racing faster people, **do NOT expect Right ON Training alone to keep you in the mix; That's why our plan includes the proper mix of threshold bursts and max aerobic / vo2max cycling intervals to insure you stick around and not get dropped.**

The big key is that you can recover faster from these efforts, which allows you to do more of them in a week, which has creates big benefits!

B1-Right On Training- Cycling

Keep the following points in mind, we make sure you are working on other aspects of your arsenal as well!

- 1) We use Right On intervals to make those aerobic cycling gains mentioned above and more, and we will make sure you don't **plateau**!
- 2) Right On Training is not a replacement for the long ride, where you get tired simply from the duration. No, your long ride doesn't have to be 250 miles, and neither is ours. But a ride of 4+ hours is extremely beneficial and necessary if you want to take your game to the next level.
- 3) Right On Training feels hard enough, so **we avoid the much harder threshold work**. We still need to add on threshold work for increased aerobic adaptations at your FTP max, while also learning how to mentally pin it and mentally push through at 100-105% FTP, which truly pushes the FTP up after you've made your gains from Right On intervals.
- 4) Too much repetition leads to mental burn out. This is why B1 has created the Right On plan with a calculated amount of training time and zones to keep motivated, focused ready for your next workout! (Always communicate with your coach, let him know when you're feeling up and definitely let him know when you're feeling down!)

This point #4 can go for any energy system: if one day of VO2Max is great, 4 is NOT better!

Vary your training up and you'll make more gains that way. Do it in a progressive or block periodized manner and you'll stay fresher and sharper than just repeating the same intervals at the same intensity over and over and over again.