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## Workout Codes 2004© Hunter Allen

**In your training plan, you will notice many different workout codes, such as LT, NP, EndW, WU, etc. Each letter defines a specific type of workout intended to give you a specific benefit:**

**WU- Warm-up: This is the warm-up phase of your workout.**

**MS- Main Set: This is the main part of your workout.**

**CD- Cool-down: This is the cool-down phase of your workout.**

**BT- Break-Through workout- This workout is a key workout and probably longer and/or more intense than you have done before. It's designed to challenge you to the next level.**

**NP- Neuromuscular Power-** Very short, very high intensity efforts (e.g., jumps, standing starts, short sprints).that generally place greater stress on the musculoskeletal rather than metabolic systems. Power useful as guide, but only in reference to prior similar efforts, not Time Trial pace. This is referred to as level 7 within the Power Levels document. \*

**End- Endurance Pace-** or level 2 -"All day" pace, or classic long slow distance (LSD) training (note that the "slow" refers to the very high intensity, interval-centered training programs that were popular at the time the term was coined in the 1970's). Sensation of leg effort/fatigue generally low, but may periodically be in the higher levels (e.g., when climbing). Concentration generally required to maintain effort only during very long rides. Breathing is more regular than at your cool-down pace, but continuous conversation is still possible. Frequent (daily) training sessions of moderate duration (i.e., 1-2 h) at Endurance level(level 2) are possible (provided dietary carbohydrate intake is adequate), but complete recovery from longer workouts may take more than 24 hours.\*

**EndW-** signifies **Endurance Weekend**

**LT- Lactate threshold-** or level 4- Just below to just above Time Trial effort, taking into account duration, current fitness, environment, etc. Essentially continuous sensation of moderate or even greater leg effort/fatigue. Continuous conversation difficult at best, due to depth/frequency of breathing. Effort sufficiently high that continuous cycling at this level is mentally very taxing – therefore typically performed in training as multiple 'repeats', 'modules', or 'blocks' of 10-30 min duration. While consecutive days of training at level 4 is sometimes



possible, in general such workouts should only be performed when sufficiently rested/recovered from prior training so as to be able to maintain intensity.\*

**SLT- Sub-Lactate threshold-** low level 4- This is a pace that is just a small notch below your LT(lactate threshold). You are uncomfortable here, but you can maintain it. Training in this small range of wattage will significantly help to boost your LT higher.

**POWER-** This can be confusing as we talk about ‘training with power’ or ‘training with a power meter’, and we also talk about ‘power training’. When you see this in your workout, it means that you are ‘power training’. You are trying to develop more strength or force in the muscles. This is similar to ‘weight lifting’ on the bike. Pushing a big gear at a low cadence to develop more muscular strength.

**TempLT-** This is a combination of ‘TEMPO’ riding and ‘Lactate Threshold’ efforts. Tempo or level 3, is defined by Dr. Andrew Coggan, PhD as: Typical intensity of fartlek workout, ‘spirited’ group ride, or briskly moving pacerline. More frequent/greater sensation of leg effort/fatigue than at level 2 or endurance pace. Requires concentration to maintain alone, especially at upper end of range, to prevent effort from falling back to level 2. Breathing deeper and more rhythmic than level 2, such that any conversation must be somewhat or very halting, but not as difficult as at level 4- Lactate Threshold. Recovery from level 3 training sessions are more difficult than after level 2 workouts, but consecutive days of level 3 training are still possible if the durations are not excessive.\*

**Sprints-** This is referring to a sprint workout, where you are striving to improve your overall sprint, or ability to quickly accelerate over a short period of time.

**TT-** This is referring to Time Trial or time trial training. By practicing your efforts as if you were in a Time Trial, you can significantly improve your ability in this very difficult aspect of cycling or triathlon.

**\*These definitions are being used with expressed consent from Dr. Andrew Coggan, PhD. Please read the accompanying document- Power Training Levels, where Dr. Coggan defines all the different training levels used in training with a power meter.**