

ANEROBIC INTERVALS

12 min	WARM UP (Zone 1)
6 min	INCREASED EFFORT (Zone 2)
3 min	BIG GEAR INTERVAL #1 (Zone 4)
6 min	RECOVERY (Zone 2)
3 min	BIG GEAR INTERVAL #2 (Zone 4)
6 min	RECOVERY (Zone 2)
3 min	BIG GEAR INTERVAL #3 (Zone 4)
6 min	RECOVERY (Zone 2)
3 min	BIG GEAR INTERVAL #4 (Zone 4)
6 min	RECOVERY (Zone 2)
6 min	COOL DOWN (Zone 1)

DISTANCE

12 min	WARM UP (Zone 1)
3 min	INCREASED EFFORT (Zone 2)
12 min	SUSTAINED EFFORT (Zone 2+)
1 min	BIG GEAR INTERVAL #1 (Zone 4)
2 min	RECOVERY (Zone 2)
9 min	SUSTAINED EFFORT (Zone 2+)
1 min	BIG GEAR INTERVAL #2 (Zone 4)
2 min	RECOVERY (Zone 2)
9 min	SUSTAINED EFFORT (Zone 2+)
1 min	BIG GEAR INTERVAL #3 (Zone 4)
2 min	RECOVERY (Zone 2)
9 min	SUSTAINED EFFORT (Zone 2+)
1 min	BIG GEAR INTERVAL #4 (Zone 4)
2 min	RECOVERY (Zone 2)
18 min	SUSTAINED EFFORT (Zone 2+)
6 min	COOL DOWN (Zone 1)

SPIN

30 min	39 X 21 (Zone 2)
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- KEEP CADENCE AT 90 RPM OR HIGHER
(15 PEDAL STROKES EVERY 10 SECONDS)
- USE HR ZONES FROM METABOLIC TESTING

COMPETITION INTERVALS

12 min	WARM UP (Zone 1)
6 min	INCREASED EFFORT (Zone 2)
3 min	BIG GEAR INTERVAL (Zone 4)
6 min	RECOVERY (Zone 2)
30 sec	SPRINT INTERVAL #1 (Zone 5)
2 min	RECOVERY (Zone 2)
30 sec	SPRINT INTERVAL #2 (Zone 5)
2 min	RECOVERY (Zone 2)
30 sec	SPRINT INTERVAL #3 (Zone 5)
2 min	RECOVERY (Zone 2)
6 min	RACE PACE (Zone 4)
30 sec	SPRINT INTERVAL #4 (Zone 5)
2 min	RECOVERY (Zone 2)
30 sec	SPRINT INTERVAL #5 (Zone 5)
2 min	RECOVERY (Zone 2)
30 sec	SPRINT INTERVAL #6 (Zone 5)
6 min	RACE PACE (Zone 4)
2 min	RECOVERY (Zone 2)
6 min	COOL DOWN (Zone 1)

GEAR PROGRESSION

12 min	39 X 23
3 min	39 X 21
3 min	39 X 19
3 min	39 X 17
3 min	39 X 16
3 min	39 X 15
3 min	52 X 19
3 min	52 X 17
3 min	52 X 16
3 min	52 X 15
3 min	52 X 14
12 min	39 X 21
6 min	COOL DOWN (Zone 1)