

WARM UP

15 minutes build-up
from Z1 to Z2*

*Include 3 high cadence
15 second sprints

INTERVAL

3 repeats (42 min) of :

/ 8 min Z4, just under threshold
(90-95 rpm)

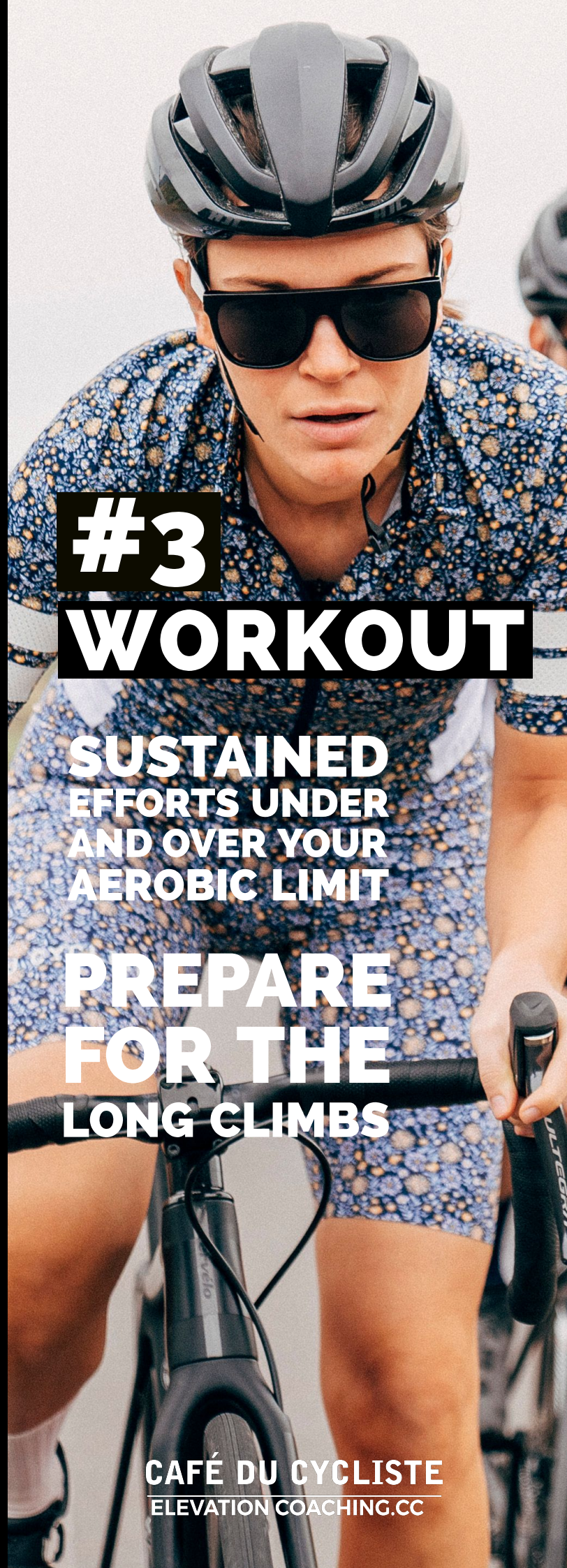
/ 2 min Z5, just over threshold
(90-95 rpm)

/ 4 min recovery
Z1-2

COOL DOWN

23 minutes Z2
endurance (85-95rpm)

5 minutes Z1
(90-100rpm)



#3

WORKOUT

**SUSTAINED
EFFORTS UNDER
AND OVER YOUR
AEROBIC LIMIT**

**PREPARE
FOR THE
LONG CLIMBS**