

**BIKE // HIIT**

**WORKOUT SETS**

**61**

<b>WARM UP</b>				
	<b>REPS</b>	<b>EFFORT</b>	<b>Est Time (Min)</b>	<b>TOTAL</b>
Easy Spin	1	Z1 - Z2	5.00	5.00
30 sec. @Z6 @90-100rpms // 30 sec. Easy Spin	3	Z2 / Z5	1.00	3.00
Easy Spin	1	Z2	2.00	2.00
<b>MAIN SET</b>				
	<b>REPS</b>	<b>EFFORT</b>	<b>Est Time (Min)</b>	<b>TOTAL</b>
<b>SET 1</b>				
8 x 25 sec // low gear (LG) for 15 sec, then time trial gear (TTG) for the final 10 sec. moderate to hard effort last 10 sec.	8	Z3/Z5	0.42	3.33
Easy spin after each set for 35 sec	8	Z2	0.58	4.67
Easy Spin before next set	1	Z2	1.00	1.00
<b>SET 2</b>				
3 min low gear LG	1	Z3/Z4	3.00	3.00
2 x 15 sec VERY HARD! // 15 sec rest at high rpm after each rep	2	Z6	0.50	1.00
3 min big gear (BG)	1	Z3/Z4	3.00	3.00
3 x 30 sec — and stand for 15 sec on each 30 sec segments. BIG OUTPUT! // 30 sec rest at high rpm after each rep	3	Z6	1.00	3.00
3 min TTG	1	Z3/Z4	3.00	3.00
3 x 45 sec stand for 15 sec on the 45 sec segments. FEROCIOUS EFFORT! // 45 sec rest at high rpm after each rep	3	Z6	1.50	4.50
<b>SET 3</b>				
2 min low gear LG	1	Z3/Z4	2.00	2.00
2 x 15 sec VERY HARD! // 15 sec rest at high rpm after each rep	2	Z6	0.50	1.00
2 min big gear (BG)	1	Z3/Z4	2.00	2.00
3 x 30 sec — and stand for 15 sec on each 30 sec segments. BIG OUTPUT! // 30 sec rest at high rpm after each rep	3	Z6	1.00	3.00
2 min TTG	1	Z3/Z4	2.00	2.00
3 x 45 sec stand for 15 sec on the 45 sec segments. FEROCIOUS EFFORT! // 45 sec rest at high rpm after each rep	3	Z6	1.50	4.50
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<b>COOL DOWN</b>				
	<b>REPS</b>	<b>EFFORT</b>	<b>Est Time (Min)</b>	<b>TOTAL</b>
Easy Cool Down Spin	1	Z1 - Z2	5	5
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1		5	5
The following are gearing and cadence recommendations for the intervals throughout the session:				
<b>Time Trial Gear (TTG) or Race Gear of Choice Gearing Recommendations:</b>				
Seated: 86–96 rpm				
Standing: 68–76 rpm				
<b>Low Gear (LG) Gearing Recommendations:</b>				
Seated: 95–110 rpm				
Standing: 80–86 rpm				
<b>Big Gear (BG) Gearing Recommendations:</b>				
Seated: 56–64 rpm				
Standing: 60–68 rpm				

