

BIKE // PULL EFFORTS

WORKOUT SETS

61.5

WARM UP

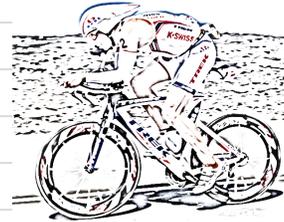
REPS EFFORT Est Time (Min) TOTAL

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

MAIN SET

REPS EFFORT Est Time (Min) TOTAL

SET 1				
5 x 90 sec Race Pace Effort	5	Z3/Z4	1.50	7.50
Easy spin after each set for 1 min	5	Z2	1.00	5.00
Easy Spin before next set	1	Z2	1.00	1.00
SET 2				
3 x 15 sec FAST Z5	3	Z5	0.25	0.75
Easy spin after each set for 45 sec	3	Z2	0.75	2.25
Easy Spin before next set	1	Z2	1.00	1.00
SET 3				
1 x 12 Pull Efforts // Z4 higher gear // 75+ rpm // Looking for speed, but not spring style // push the big ring	12	Z4	1.00	12.00
Recovery between pulls @ 1 min, keep higher effort than before during recovery, NOT EASY	12	Z3	1.00	12.00



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COOL DOWN

REPS EFFORT Est Time (Min) TOTAL

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