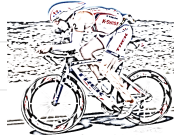


BIKE // BASE BDLR 01

WORKOUT SETS **61.5**

WARM UP	REPS	EFFORT	Est Time (Min)	TOTAL
Easy Spin	1	Z1 - Z2	5	5
30 sec. @Z6 @90-100rpms // 30 sec. Easy Spin	3	Z2 / Z5	1	3
Easy Spin	1	Z2	2	2



MAIN SET	REPS	EFFORT	Est Time (Min)	TOTAL
SET 1				
Steady Aerobic at high end of Z3 // focus on cadence ranges from 80-110 rpms throughout each set // 30 sec easy spin between each	4	Z3	4	16
Easy spin after each set	3	Z2	0.5	1.5
Easy Spin before next set	1	Z2	1	1
SET 2				
Steady Aerobic at high end of Z3 // focus on cadence ranges from 80-110 rpms throughout each set // 30 sec easy spin between each	3	Z3	3	9
Easy spin after each set	2	Z2	0.5	1
Easy Spin before next set	1	Z2	1	1
SET 3				
Steady Aerobic at high end of Z3 // focus on cadence ranges from 80-110 rpms throughout each set // 15 sec easy spin between each	3	Z3	2	6
Easy spin after each set	2	Z2	0.25	0.5
Easy Spin before next set	1	Z2	1	1
SET 4				
45 sec. build set - build intensity every 15 seconds, going hard the last 15 sec. // 45 sec Easy Spin	3	Z4	1.5	4.5

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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