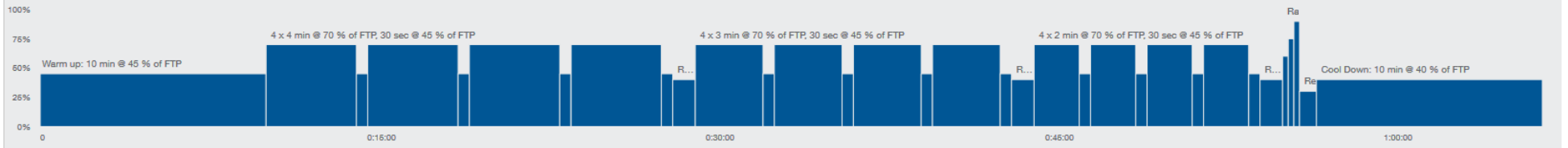


BIKE // BASE WORK

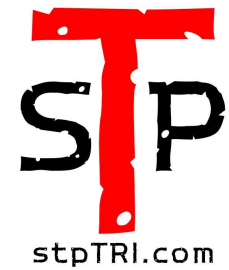
WORKOUT DETAILS



Workout Details

- 1. Warm up**
10 min @ 45 % of FTP
- 2. Repeat 4 times**
 - 1. Z3**
4 min @ 70 % of FTP
 - 2. Easy**
30 sec @ 45 % of FTP
- 3. Recovery**
1 min @ 40 % of FTP
- 4. Repeat 4 times**
 - 1. Z3**
3 min @ 70 % of FTP
 - 2. Easy**
30 sec @ 45 % of FTP
- 5. Recovery**
1 min @ 40 % of FTP
- 6. Repeat 4 times**
 - 1. Z3**
2 min @ 70 % of FTP
 - 2. Easy**
30 sec @ 45 % of FTP

- 8. Ramp up in 3 steps**
 1. 15 sec @ 60 % of FTP
 2. 15 sec @ 75 % of FTP
 3. 15 sec @ 90 % of FTP
- 9. Recovery**
45 sec @ 30 % of FTP
- 10. Cool Down**
10 min @ 40 % of FTP



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