

**BIKE // PULL EFFORTS // 75 MIN**

**WORKOUT SETS**

**74**

<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>				
6 x 2 MIN Race Pace Effort in AERO	6	Z3/Z4	2.00	12.00
Easy spin after each set for 1 min	6	Z2	1.00	6.00
Easy Spin before next set	1	Z2	1.00	1.00
<b>SET 2</b>				
4 x 15 sec FAST Z5 @ 85+ RPM	4	Z5	0.25	1.00
Easy spin after each set for 45 sec	4	Z2	0.75	3.00
Easy Spin before next set	1	Z2	1.00	1.00
<b>SET 3</b>				
1:30 x 12 Pull Efforts in AERO // Z4 higher gear // 75+ rpm // Looking for speed in big gears	12	Z4	1.50	18.00
Recovery between pulls @ 1 min, keep higher effort than before during recovery, NOT EASY	12	Z3	1.00	12.00
<a href="http://www.SetThePaceTriathlon.com">Copyright Set The Pace Media Marketing LLC 2017. www.SetThePaceTriathlon.com</a>				
<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:				
Time Trial Gear (TTG) or Race Gear of Choice Gearing Recommendations:				
Seated: 86–96 rpm				
Standing: 68–76 rpm				
Low Gear (LG) Gearing Recommendations:				
Seated: 95–110 rpm				
Standing: 80–86 rpm				
Big Gear (BG) Gearing Recommendations:				
Seated: 56–64 rpm				
Standing: 60–68 rpm				

