

BIKE // POWER FOUNDATION

WORKOUT SETS

76

WARM UP

REPS EFFORT Est Time (Min) TOTAL

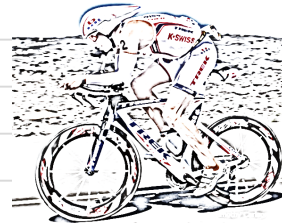
Warm up 15 min @ Z1/Z2 // 80-90 rpm	1	Z1 - Z2	15.00	15.00
4 min @ Z3 // 75-85 RPM	1	Z3	4.00	4.00
3 min @ Z4 // 70-80 rpm	1	Z4	3.00	3.00
2 min @ Z4/Z5 // 65-75 rpm	1	Z4/Z5	2.00	2.00
Easy Spin	1	Z2	10.00	10.00

MAIN SET

REPS EFFORT Est Time (Min) TOTAL

SET 1

5 min @ Z4 // 75-85 rpm + 3 min @ Z2 // 80-90 rpm	4	Z4 / Z2	8.00	32.00
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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

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