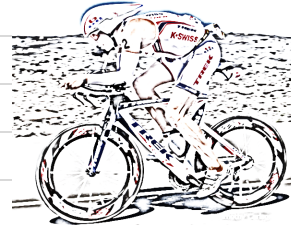


BIKE // PYRAMID OF POWER

WORKOUT SETS	99
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<u>WARM UP</u>	REPS	EFFORT	Est Time (Min)	TOTAL
Warm up 5 min @ Z1/Z2 // 80-90 rpm	1	Z1 - Z2	5.00	5.00
3 min @ Z3 // 75-85 RPM	1	Z3	3.00	3.00
2.5 min @ Z4 // 70-80 rpm	1	Z4	2.50	2.50
2 min @ Z4/Z5 // 65-75 rpm	1	Z4/Z5	2.00	2.00
1.5 min @ Z5 // 65-75 rpm	1	Z5	1.50	1.50
Recovery 5 min @ Z1/Z2 // 80-90 rpm	1	Z5	5.00	5.00



<u>MAIN SET</u>	REPS	EFFORT	Est Time (Min)	TOTAL
SET 1				
5 min @ Z3/Z4 // 75-85 rpm + 5 min @ Z2 recovery // 80-90 rpm	1	Z3 / Z4	10.00	10.00
10 min @ Z3 // 75-85 rpm + 5 min @ Z2 recovery // 80-90 rpm	1	Z3	15.00	15.00
15 min @ Z3/Z2 // 75-85 rpm + 5 min @ Z2 recovery // 80-90 rpm	1	Z3 / Z2	20.00	20.00
10 min @ Z3 // 75-85 rpm + 5 min @ Z2 recovery // 80-90 rpm	1	Z3	15.00	15.00
5 min @ Z3/Z4	1	Z3 / Z4	5.00	5.00

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<u>COOL DOWN</u>	REPS	EFFORT	Est Time (Min)	TOTAL
Easy Cool Down Spin	1	Z1 - Z2	10	10
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