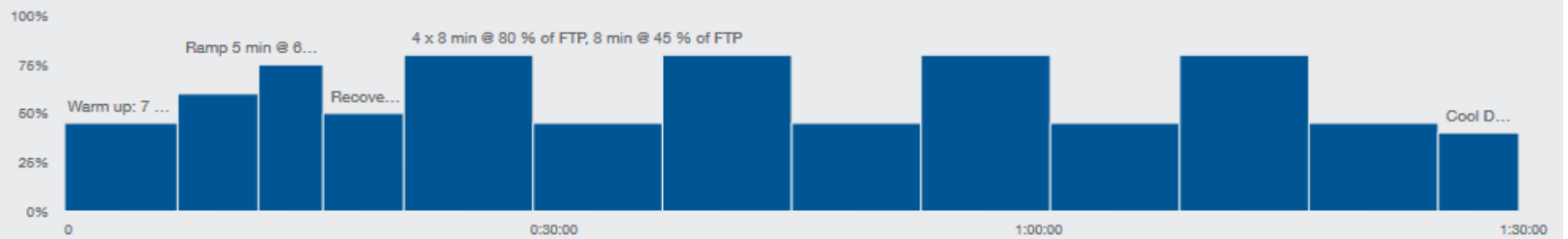


BIKE // Z1/Z2+Z3/Z4 // 1:30 HOURS

WORKOUT DETAILS

Workout Details

- 1. Warm up**
7 min @ 45 % of FTP
- 2. Ramp up in 2 steps**
 1. 5 min @ 60 % of FTP
 2. 4 min @ 75 % of FTP
- 3. Recovery**
5 min @ 50 % of FTP
- 4. Repeat 4 times**
 - 1. Hard**
8 min @ 80 % of FTP
 - 2. Easy**
8 min @ 45 % of FTP
- 5. Cool Down**
5 min @ 40 % of FTP



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