

BIKE // Z1/Z2+Z3/Z4 MIX // 2 HOURS

WORKOUT DETAILS

Workout Details

1. Warm up

15 min @ 45 % of FTP

2. Active

15 min @ 65 % of FTP

80-90 rpm

3. Repeat 3 times

1. Hard

10 min @ 85 % of FTP

80-90 rpm

2. Easy

15 min @ 60 % of FTP

80-90 rpm

4. Cool Down

15 min @ 50 % of FTP



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