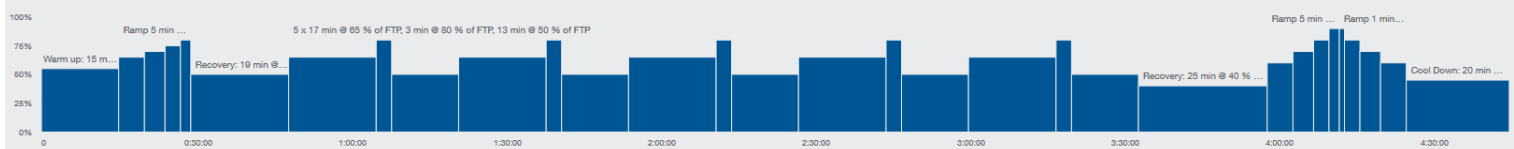


BIKE // Z1/Z2+Z3/Z4 MIX // 4:45 HOURS

WORKOUT DETAILS

Workout Details

- 1. Warm up**
15 min @ 55 % of FTP
- 2. Ramp up in 4 steps**
 1. 5 min @ 65 % of FTP
 2. 4 min @ 70 % of FTP
 3. 3 min @ 75 % of FTP
 4. 2 min @ 80 % of FTP
- 3. Recovery**
19 min @ 50 % of FTP
- 4. Repeat 5 times**
 - 1. Medium**
17 min @ 65 % of FTP
 - 2. Little bit more**
3 min @ 80 % of FTP
 - 3. recovery**
13 min @ 50 % of FTP
- 5. Recovery**
25 min @ 40 % of FTP
- 6. Ramp up in 4 steps**
 1. 5 min @ 60 % of FTP
 2. 4 min @ 70 % of FTP
 3. 3 min @ 80 % of FTP
 4. 2 min @ 90 % of FTP
- 7. Ramp down in 4 steps**
 1. 1 min @ 90 % of FTP
 2. 3 min @ 80 % of FTP
 3. 4 min @ 70 % of FTP
 4. 5 min @ 60 % of FTP
- 8. Cool Down**
20 min @ 45 % of FTP



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