

BIKE // LONG INTERVALS WORK THE POWER RANGES // 5:00

WORKOUT DETAILS

Workout Details

1. **Warm up**
10 min @ 45 % of FTP
2. **Repeat 3 times**
 1. **Hard**
25 min @ 65 % of FTP
 2. **Harder**
3 min @ 80 % of FTP
 3. **Easy**
20 min @ 50 % of FTP
3. **Ramp up in 4 steps**
 1. 10 min @ 60 % of FTP
 2. 8 min @ 70 % of FTP
 3. 6 min @ 80 % of FTP
 4. 3 min @ 90 % of FTP
4. **Recovery**
39 min @ 55 % of FTP
5. **Active**
20 min @ 70 % of FTP
6. **Active**
30 min @ 50 % of FTP
7. **Active**
10 min @ 83 % of FTP
8. **Cool Down**
20 min @ 45 % of FTP



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