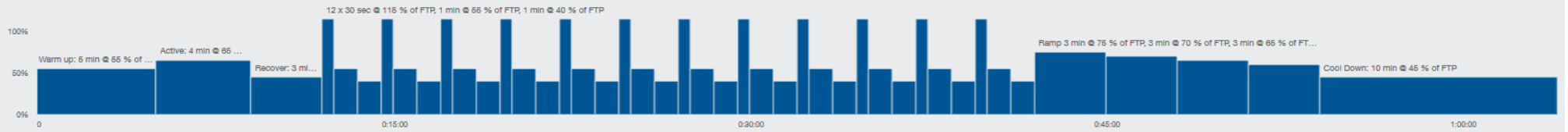


BIKE // SPEED SETS x 12 // 01:04

WORKOUT DETAILS



Workout Details

1. Warm up

5 min @ 55 % of FTP

2. Active

4 min @ 65 % of FTP

3. Recover

3 min @ 45 % of FTP

4. Repeat 12 times

1. sprint

30 sec @ 115 % of FTP

2. recover

1 min @ 55 % of FTP

3. Easy

1 min @ 40 % of FTP

5. Ramp down in 4 steps

1. 3 min @ 75 % of FTP

2. 3 min @ 70 % of FTP

3. 3 min @ 65 % of FTP

4. 3 min @ 60 % of FTP

6. Cool Down

10 min @ 45 % of FTP

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