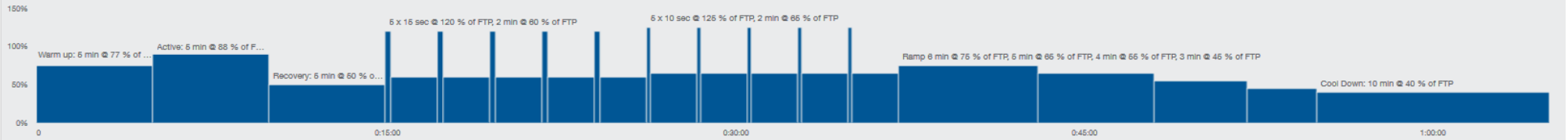


BIKE // MAX OUT SETS // 01:05

WORKOUT DETAILS



Workout Details

- 1. Warm up** *Press lap button to advance*
5 min @ 77 % of FTP
80-90 rpm
- 2. Active** *Press lap button to advance*
5 min @ 88 % of FTP
80-90 rpm
- 3. Recovery** *Press lap button to advance*
5 min @ 50 % of FTP
80-90 rpm
- 4. Repeat 5 times**
 - 1. HARD 15 SEC** *Press lap button to advance*
15 sec @ 120 % of FTP
70-80 rpm
 - 2. Easy** *Press lap button to advance*
2 min @ 60 % of FTP
80-90 rpm

5. Repeat 5 times

- 1. ALL OUT 10 SEC** *Press lap button to advance*
10 sec @ 125 % of FTP
70-80 rpm
 - 2. Easy** *Press lap button to advance*
2 min @ 65 % of FTP
80-90 rpm
- 6. Ramp down in 4 steps**
- Press lap button to advance*
6 min @ 75 % of FTP
 - Press lap button to advance*
5 min @ 65 % of FTP
 - Press lap button to advance*
4 min @ 55 % of FTP
 - Press lap button to advance*
3 min @ 45 % of FTP
- 7. Cool Down** *Press lap button to advance*
10 min @ 40 % of FTP

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