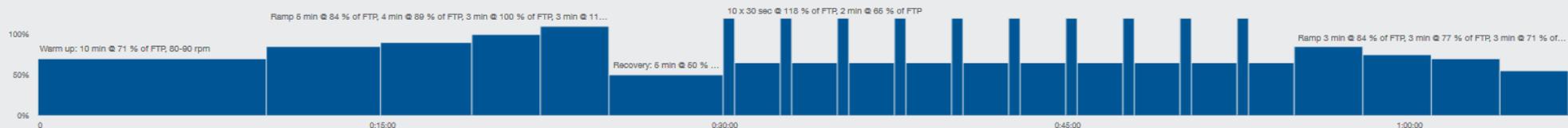


BIKE // SPEED INTERVALS // 01:07

WORKOUT DETAILS



Workout Details

- 1. Warm up** *Press lap button to advance*
10 min @ 71 % of FTP
80-90 rpm
- 2. Ramp up in 4 steps**
 - 1. Up to Speed Set 1** *Press lap button to advance*
5 min @ 84 % of FTP
80-90 rpm
 - 2. Up to Speed Set 2** *Press lap button to advance*
4 min @ 89 % of FTP
75-85 rpm
 - 3. Up to Speed Set 3** *Press lap button to advance*
3 min @ 100 % of FTP
70-80 rpm
 - 4. Up to Speed Set 4** *Press lap button to advance*
3 min @ 110 % of FTP
65-75 rpm
- 3. Recovery** *Press lap button to advance*
5 min @ 50 % of FTP
80-90 rpm

4. Repeat 10 times

- 1. Hard** *Press lap button to advance*
30 sec @ 118 % of FTP
75-85 rpm
High cadence and max effort. NOT MASHING GEARS!
 - 2. Easy** *Press lap button to advance*
2 min @ 65 % of FTP
80-90 rpm
- #### 5. Ramp down in 4 steps
- 1. Cool down ramp** *Press lap button to advance*
3 min @ 84 % of FTP
80-90 rpm
 - 2. Cool down ramp** *Press lap button to advance*
3 min @ 77 % of FTP
80-90 rpm
 - 3. Cool down ramp** *Press lap button to advance*
3 min @ 71 % of FTP
80-90 rpm
 - 4. Cool down ramp** *Press lap button to advance*
3 min @ 55 % of FTP
80-90 rpm

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!

