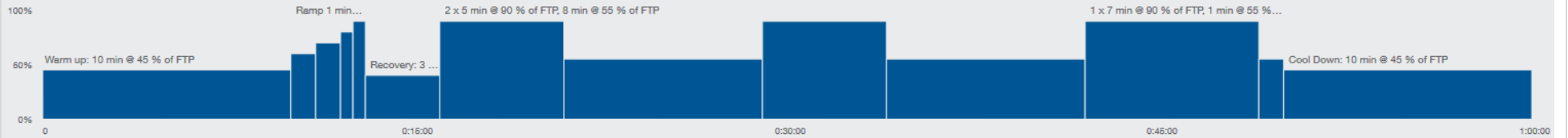


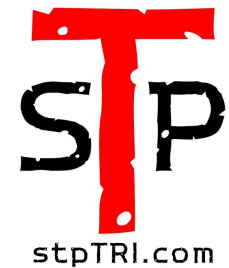
BIKE // Z1/Z2+Z3/Z4 MIX // 01 HOUR

WORKOUT DETAILS



Workout Details

- 1. Warm up**
10 min @ 45 % of FTP
- 2. Ramp up in 4 steps**
 1. 1 min @ 60 % of FTP
 2. 1 min @ 70 % of FTP
 3. 30 sec @ 80 % of FTP
 4. 30 sec @ 90 % of FTP
- 3. Recovery**
3 min @ 40 % of FTP
- 4. Repeat 2 times**
 - 1. Hard**
5 min @ 90 % of FTP
 - 2. Easy**
8 min @ 55 % of FTP
- 5. Repeat 1 times**
 - 1. Hard**
7 min @ 90 % of FTP
 - 2. Easy**
1 min @ 55 % of FTP
- 6. Cool Down**
10 min @ 45 % of FTP



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