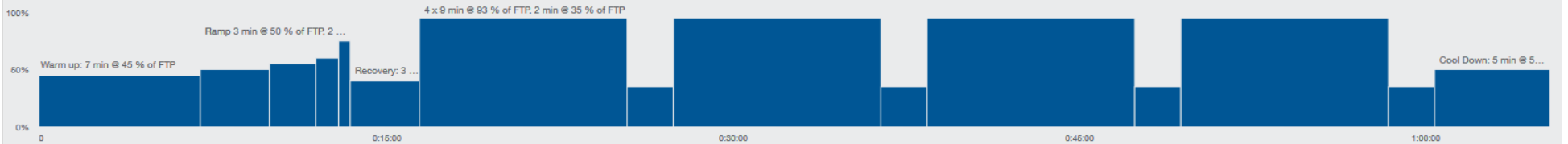


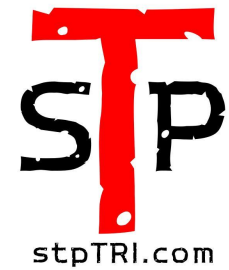
BIKE // CRUISE INTERVALS // 4x09

WORKOUT DETAILS



Workout Details

- 1. Warm up**
7 min @ 45 % of FTP
- 2. Ramp up in 4 steps**
 1. 3 min @ 50 % of FTP
 2. 2 min @ 55 % of FTP
 3. 1 min @ 60 % of FTP
 4. 30 sec @ 75 % of FTP
- 3. Recovery**
3 min @ 40 % of FTP
- 4. Repeat 4 times**
 - 1. Hard**
9 min @ 93 % of FTP
 - 2. Easy**
2 min @ 35 % of FTP
- 5. Cool Down**
5 min @ 50 % of FTP



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