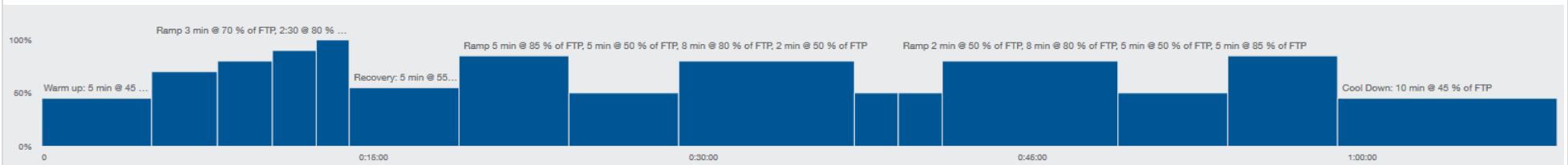


BIKE // PYRAMID OF POWER Junior

WORKOUT DETAILS



Workout Details

- 1. Warm up**
5 min @ 45 % of FTP
- 2. Ramp up in 4 steps**
 - 1. Ramp up set**
3 min @ 70 % of FTP
 - 2. 2:30 @ 80 % of FTP**
 - 3. 2 min @ 90 % of FTP**
 - 4. 1:30 @ 100 % of FTP**
- 3. Recovery**
5 min @ 55 % of FTP
- 4. Ramp down in 4 steps**
 - 1. POWER UP 5 min**
5 min @ 85 % of FTP
 - 2. Recover**
5 min @ 50 % of FTP
 - 3. POWER UP 10 min**
8 min @ 80 % of FTP
 - 4. Recover**
2 min @ 50 % of FTP

- 5. Ramp up in 4 steps**
 - 1. Recover**
2 min @ 50 % of FTP
 - 2. POWER UP 10 min**
8 min @ 80 % of FTP
 - 3. Recover**
5 min @ 50 % of FTP
 - 4. POWER UP 5 min**
5 min @ 85 % of FTP
- 6. Cool Down**
10 min @ 45 % of FTP



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