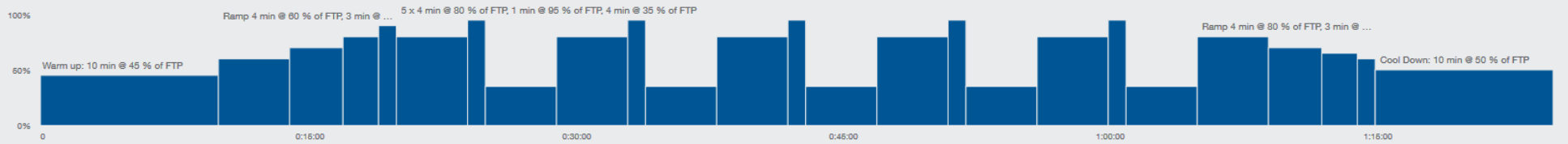


BIKE // POWER RAMP UP INTERVALS

WORKOUT DETAILS



Workout Details

1. Warm up

10 min @ 45 % of FTP

2. Ramp up in 4 steps

1. Ramp up warm up

4 min @ 60 % of FTP

2. 3 min @ 70 % of FTP

3. 2 min @ 80 % of FTP

4. 1 min @ 90 % of FTP

3. Repeat 5 times

1. Hard

4 min @ 80 % of FTP

2. Harder

1 min @ 95 % of FTP

3. Easy

4 min @ 35 % of FTP

4. Ramp down in 4 steps

1. 4 min @ 80 % of FTP

2. 3 min @ 70 % of FTP

3. 2 min @ 65 % of FTP

4. 1 min @ 60 % of FTP

5. Cool Down

10 min @ 50 % of FTP



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