

BIKE // SHORTY BURSTS // 45 MINUTES

WORKOUT SETS

Workout Details

1. Warm up

5 min @ 40 % of FTP

Keep it peppy. 80 - 90 rpm

2. Ramp up in 4 steps

1. 2 min @ 45 % of FTP

2. Little ramp up to get blood to the legs. 75 - 85 rpm

1:30 @ 55 % of FTP

3. 1 min @ 60 % of FTP

4. 1 min @ 65 % of FTP

3. Repeat 16 times

1. Hard

30 sec @ 110 % of FTP

Doing some bursts. 30 seconds hard work at 85 to 90 rpm. Nothing crazy! Get the legs moving fast.

2. Easy

1 min @ 40 % of FTP

Easy recovery at 75 - 85 rpm.

4. Ramp down in 4 steps

1. 2 min @ 70 % of FTP

Keeping legs moving 75 to 85 rpm. Cooling it down.

2. 1:30 @ 65 % of FTP

3. 1 min @ 60 % of FTP

4. 1 min @ 55 % of FTP

5. Cool Down

5 min @ 45 % of FTP

Ride off into the sunset!

