

BIKE // EASY + AERO INTERVALS // 01 HOURS 05 MINUTES

WORKOUT SETS

Workout Details

1. Warm up

3 min @ 45 % of FTP
Warm up

2. Ramp up in 4 steps

1. Quick ramp up // RPM around 75 - 85

1 min @ 50 % of FTP
Quick ramp up // RPM around 75 - 85

2. Quick ramp up // RPM around 75 - 85

1 min @ 55 % of FTP
Quick ramp up // RPM around 75 - 85

3. Quick ramp up // RPM around 75 - 85

1 min @ 60 % of FTP
Quick ramp up // RPM around 75 - 85

4. Quick ramp up // RPM around 75 - 85

1 min @ 65 % of FTP
Quick ramp up // RPM around 75 - 85

3. Repeat 1 times

1. 60% FTP // 5 minutes in aero // RPM 75-85

5 min @ 60 % of FTP
60% FTP // 5 minutes in aero // RPM 75-85

2. 70% FTP // 5 minutes on drops // RPM 75-85

5 min @ 70 % of FTP
70% FTP // 5 minutes on drops // RPM 75-85

4. Repeat 1 times

1. 70% FTP // for 5 minutes in aero // RPM 75-85

5 min @ 70 % of FTP
70% FTP // for 5 minutes in aero // RPM 75-85

2. 70% FTP // for 5 minutes in drops // RPM 75-85

5 min @ 70 % of FTP
70% FTP // for 5 minutes in drops // RPM 75-85

5. Repeat 1 times

1. 70% FTP // 5 minutes in aero // RPM 75-85

5 min @ 70 % of FTP
70% FTP // 5 minutes in aero // RPM 75-85

2. 75% FTP // 5 minutes on drops // RPM 75-85

5 min @ 75 % of FTP
75% FTP // 5 minutes on drops // RPM 75-85

6. Repeat 1 times

1. 70% FTP // for 10 minutes in aero // RPM 75-85

10 min @ 70 % of FTP
70% FTP // for 10 minutes in aero // RPM 75-85

2. 75% FTP // for 5 minutes in drops // RPM 75-85

5 min @ 75 % of FTP
75% FTP // for 5 minutes in drops // RPM 75-85

7. Repeat 1 times

1. 60% FTP // 5 minutes in aero // RPM 75-85

5 min @ 60 % of FTP
60% FTP // 5 minutes in aero // RPM 75-85

2. 70% FTP // 5 minutes on drops // RPM 75-85

5 min @ 70 % of FTP
70% FTP // 5 minutes on drops // RPM 75-85

8. Cool Down

3 min @ 45 % of FTP
Cool Down // Easy spin 85-90 RPM

