

BIKE // EASY + AERO INTERVALS // 02 HOURS 00 MINUTES

WORKOUT SETS

1. Warm up

5 min @ 45 % of FTP

Warm up

2. Ramp up in 4 steps

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

2 min @ 50 % of FTP

Quick ramp up // RPM around 75 - 85

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

2 min @ 55 % of FTP

Quick ramp up // RPM around 75 - 85

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

2 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 2 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 2 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 2 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 2 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

8 min @ 45 % of FTP

Cool Down // Easy spin 85-90 RPM

