



BIKE // STRENGTH // 01 HOURS 00 MIN - CLIMBERS

Workout Details

1. Warm up
 - a. 5 min @ 45 % of FTP
 - b. Get the blood flowing to the legs.
2. Ramp up in 4 steps
 - a. Little ramp up to juice the legs!
 - b. 3 min @ 60 % of FTP
 - c. 2 min @ 70 % of FTP
 - d. 1 min @ 80 % of FTP
 - e. 30 sec @ 90 % of FTP
3. Recovery
 - a. 4 min @ 55 % of FTP
4. Ramp up in 4 steps
 - a. Bring the steady climb!
 - b. 3 min @ 60 % of FTP
 - c. 3 min @ 70 % of FTP
 - d. 3 min @ 80 % of FTP
 - e. 3 min @ 90 % of FTP
5. Recovery
 - a. 4:30 @ 45 % of FTP
 - b. REST UP! Another coming!
6. Ramp up in 4 steps
 - a. 3 min @ 65 % of FTP
 - b. 3 min @ 75 % of FTP
 - c. 3 min @ 85 % of FTP
 - d. 3 min @ 95 % of FTP
7. Recovery
 - a. 4 min @ 40 % of FTP
8. Ramp up in 4 steps
 - a. One more set for good measure!
 - b. 3 min @ 75 % of FTP
 - c. 2 min @ 85 % of FTP
 - d. 1 min @ 95 % of FTP
 - e. 1 min @ 100 % of FTP
9. Cool Down
 - a. 5 min @ 45 % of FTP

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