

BIKE // FORCE REPS // 02 SETS x 03 REPS

WORKOUT SETS

Workout Details

1. Warm up // high cadence 75 - 85 rpm
5 min @ 45 % of FTP
2. Ramp down in 5 steps
 1. Start firing the legs - cadence above 75 rpm
1 min @ 60 % of FTP
 2. 1 min @ 66 % of FTP
 3. 1 min @ 73 % of FTP
 4. 1 min @ 79 % of FTP
 5. Recovery
5 min @ 30 % of FTP
3. Repeat 3 times
 1. Force rep - smooth force effort // cadence 60 - 60 rpm // ANY PAIN, STOP!
1 min @ 100 % of FTP
 2. Easy // 80 - 90 rpm
3 min @ 40 % of FTP
4. Recovery
5 min @ 40 % of FTP
5. Repeat 3 times
 1. Force rep - smooth force effort // cadence 60 - 60 rpm // ANY PAIN, STOP!
1 min @ 100 % of FTP
 2. Easy // 80 - 90 rpm
3 min @ 40 % of FTP
6. Ramp down in 4 steps
 1. Clear lactic acid // 75 - 85 rpm
1 min @ 90 % of FTP
 2. 2 min @ 85 % of FTP
 3. 3 min @ 80 % of FTP
 4. 4 min @ 70 % of FTP
7. Cool Down // 75 - 85 rpm
7 min @ 45 % of FTP

