

## BIKE // FORCE REPS // 03 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 50 - 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 50 - 60 rpm // ANY PAIN, STOP!  
1 min @ 100 % of FTP
  2. Easy // 80 - 90 rpm  
3 min @ 40 % of FTP

#### 6. Recovery

5 min @ 40 % of FTP

#### 7. Repeat 3 times

1. Force rep - smooth force effort // cadence 50 - 60 rpm // ANY PAIN, STOP!  
1 min @ 100 % of FTP

2. Easy // 80 - 90 rpm  
3 min @ 40 % of FTP

#### 8. 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

#### 9. Cool Down // 75 - 85 rpm

5 min @ 45 % of FTP

