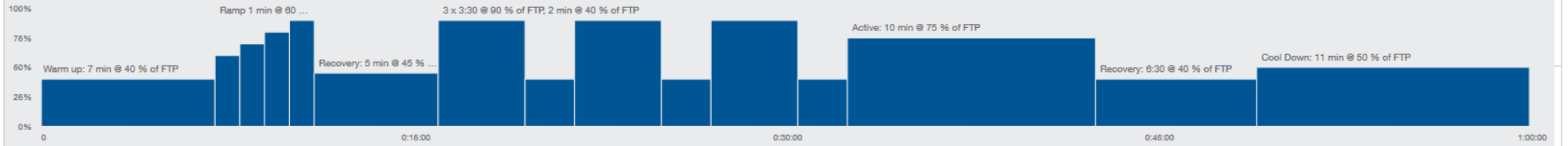


BIKE // TEMPO + Z4 // 03-0:10

WORKOUT SETS



Workout Details

- 1. Warm up**
7 min @ 40 % of FTP
- 2. Ramp up in 4 steps**
 1. 1 min @ 60 % of FTP
 2. 1 min @ 70 % of FTP
 3. 1 min @ 80 % of FTP
 4. 1 min @ 90 % of FTP
- 3. Recovery**
5 min @ 45 % of FTP
- 4. Repeat 3 times**
 - 1. Hard**
3:30 @ 90 % of FTP
 - 2. Easy**
2 min @ 40 % of FTP
- 5. Active**
10 min @ 75 % of FTP
- 6. Recovery**
6:30 @ 40 % of FTP
- 7. Cool Down**
11 min @ 50 % of FTP

