

CAFÉ DU CYCLISTE

**#1**

**WORKOUT**

**BUILD  
MUSCLE  
STRENGTH**

**CONDITIONING  
FOR LONGER  
CLIMBS**

ELEVATION COACHING.CC

# WARM UP

10 minutes build-up  
from Z2 to Z4

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Increase the effort  
every 2.5 minutes

# INTERVAL

6 repeats (48 min) of :

/ 3 min big gear,  
low cadence force in Z3 (70-75 rpm)

/ 3 min low gear,  
high cadence in Z3 (85-95 rpm)

/ 2 min recovery  
Z1-2

# COOL DOWN

15 minutes Z2  
endurance

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10 minutes Z1  
high cadence