

WARM UP

5 minutes increasing
from Z1 to Z3 (85-95rpm)

INTERVAL

5 repeats (50 min) of :

/ 7 min high cadence in upper Z2
(98-102 rpm)

/ 3 min normal cadence in
upper Z2 (80-90 rpm)

COOL DOWN

5 minutes Z1
(85-95rpm)

#2

WORKOUT

**AEROBIC
EFFICIENCY &
ENDURANCE**

**IMPROVE
PEDALLING
TECHNIQUE**