



WARM UP

5 mins easy spin
(85-95rpm)

Ride fasted, espresso
only before starting

#4

WORKOUT

PRE-BREAKFAST
SHORT EFFORTS &
ENDURANCE

WEIGHT
MANAGEMENT DURING
CONFINEMENT

INTERVAL

8 repeats (16 min) of :

/ 1 min low Z4 (sub-threshold)
(85-95 rpm)

/ 1 min Z2 (85-95
rpm)

50 mins Z2
endurance (85-95rpm)

COOL DOWN

4 minutes Z1
(85-95rpm)