

WARM UP

5 mins warm up from
Z2 to Z4 (85-95rpm)

5 mins low
Z4 (85-95rpm)

2 mins Z2
(85-95rpm)

INTERVAL

4 repeats (52 min) of :

/ 30 seconds max
sprint

/ 30 seconds Z1
recovery

/ 30 seconds max
sprint straight into...

/3.5mins Z4 time
trial pace (85-95rpm)

/8 mins low Z2
(85-95rpm)

COOL DOWN

6 minutes
Z2 (85-95rpm)

5 minutes
Z1 (85-95rpm)

#6

WORKOUT

**MAKE THE
GAP OR BRIDGE THE GAP**

**FINE TUNE EXPLOSIVE
POWER AND HOLD
ON WITH
SUSTAINED EFFORT**

CAFÉ DU CYCLISTE

ELEVATION COACHING.CC