

# PACK RIDE

**Work:** 4 Rounds

40s Ride Easy (80-90)

Base Gear (6-10)

30s Ride Easy (80-90)

Increase (8-12)

20s Race (100)

Race Gear (10 - 14)

# PACE

**Work:** 3 rounds

30s Ride Easy (65-70)

Race Gear (10-14)

30s Stand Climb (65-70)

Climb Gear (16 -20)

30s Racing (110)

Race Gear (10-14)

30 Aero Racing (110+)

Race Gear (10-14)

# HILLS

**Work:** 3 rounds

45s Ride Easy (70)

Race Gear (10-14)

30s Stand Climb (70)

Climb Gear (16 -20)

30s Power Climb (70)

Climb Gear (16 -24)

# MIXED TERRAIN

**Work:** 2 rounds

30s Ride Easy (90)

Base Gear (6-12)

30s Race (110)

Race Gear (10 - 14)

30s Ride Easy (90)

Base Gear (6-12)

30s Stand Climb (65)

Climb Gear (16 -20)

30s Race (100)

Race Gear (10 - 14)

# INTERVALS

**Work:** 4 rounds

25s Recovery (65)

Base Gear (6-12)

25s Ride Easy (87)

Race Gear (10-14)

25s Stand Climb (87)

Attack Gear (12-20)

25s Race (87)

Attack Gear (12-20)

# SPEED

**Work:** 3 rounds (inc)

15s Recovery (65)

Base Gear (6-10)

15s Ride Easy (90)

Base Gear (8-12)

15s Ride Easy (100)

Base Gear (8-12)

30/60/90s Race (110)

Race Gear (10-14)

# MOUNTAIN CLIMB

**Work:** 2 rounds

**Speed:** 75 RPM

60s Ride Easy, Base Gear

40s Stand, Climb Gear

20s Seated, Climb Gear

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45s Ride Easy, Base Gear

15s Seated, Climb Gear

15s Stand, Climb Gear

15s Seated, Climb Gear

15s Stand, Climb Gear

15s Seated, Climb Gear