

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

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