

WARM UP 1

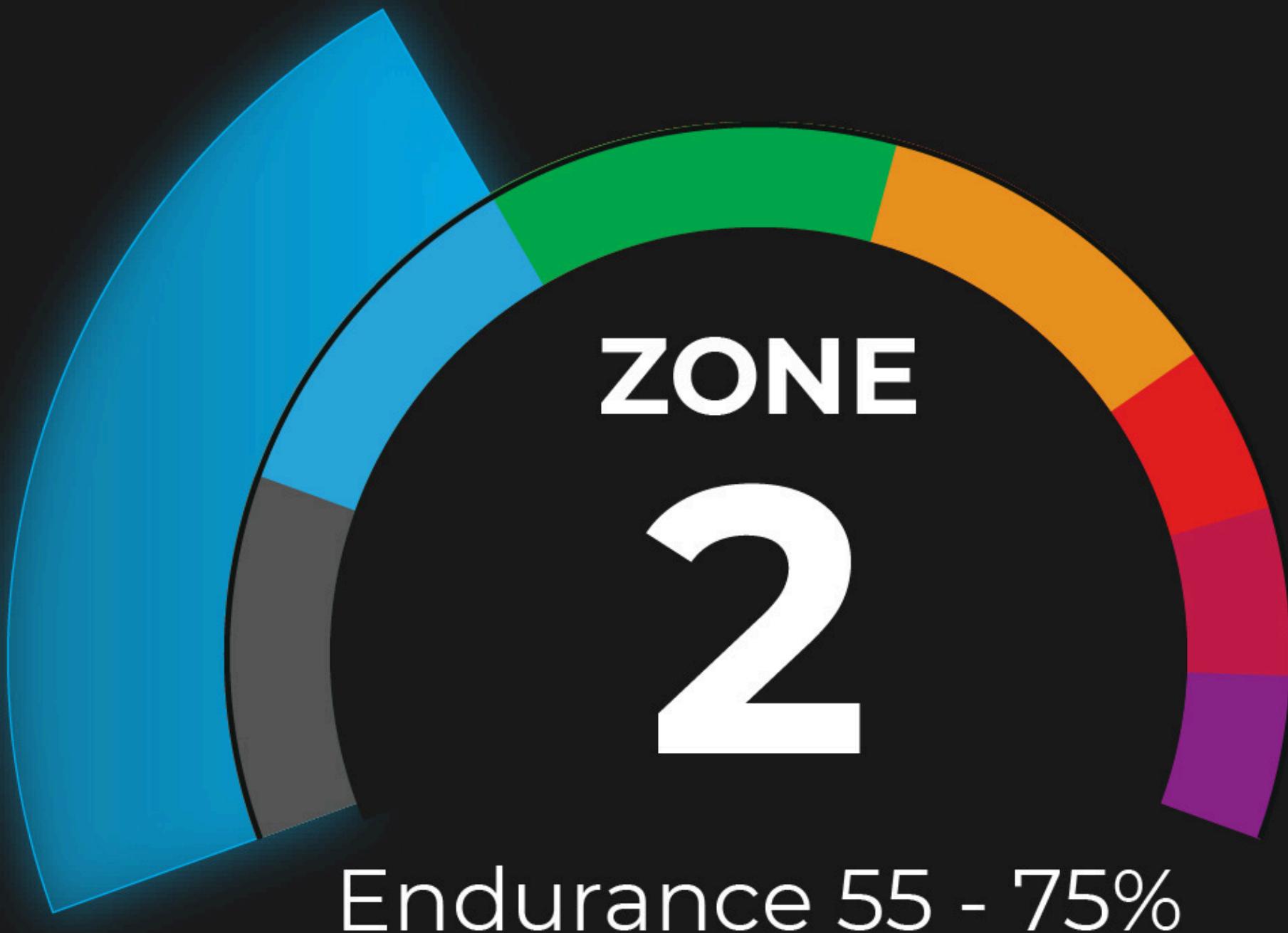
Zone: 1

Time: 02:00

Speed: 65-75

Seated Position

Gear: 6 - 10



WARM UP 2

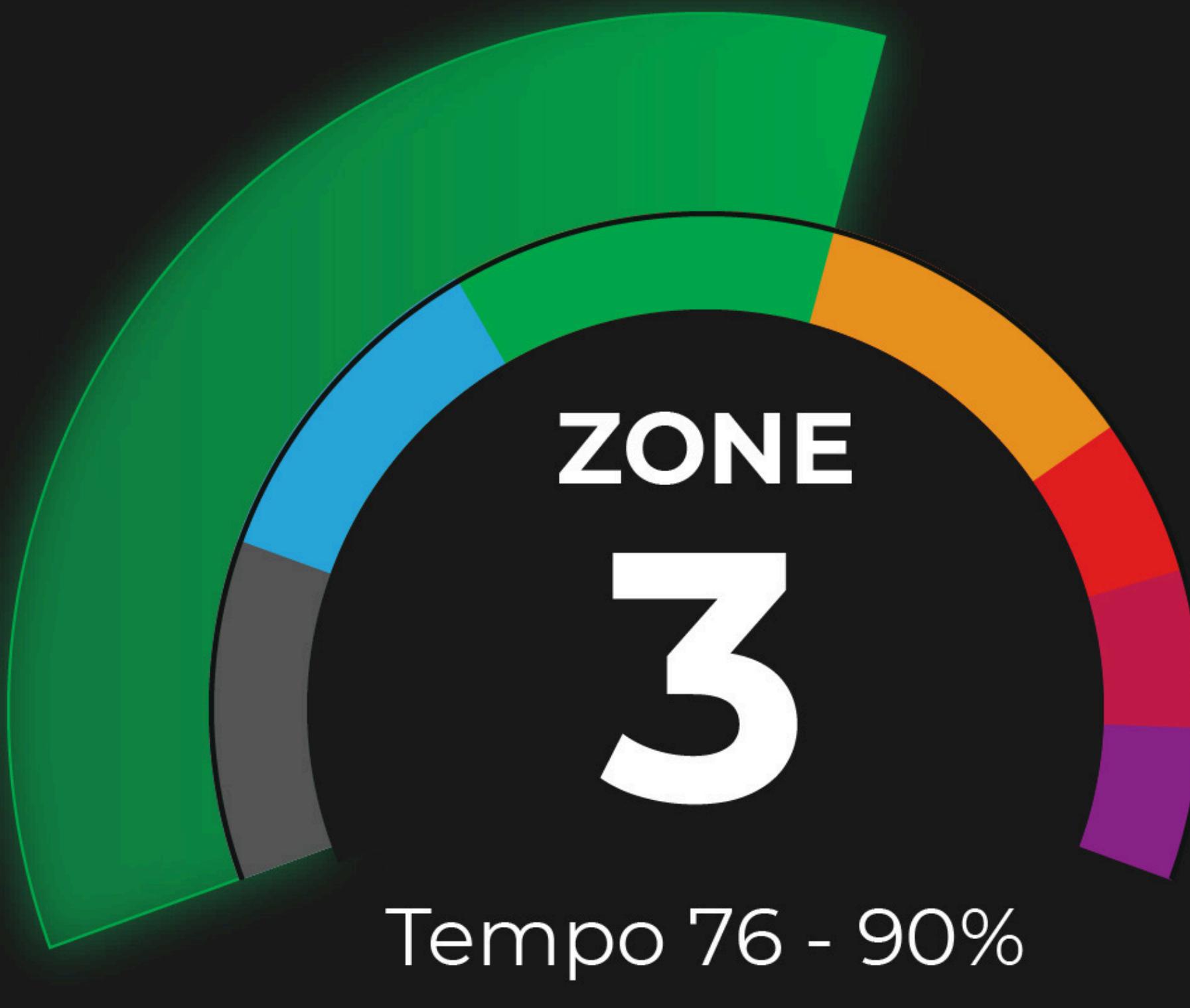
Zone: 2

Time: 04:00

Speed: 75 - 85

Seated Position

Gear: 8 - 12



TEMPO SPEED

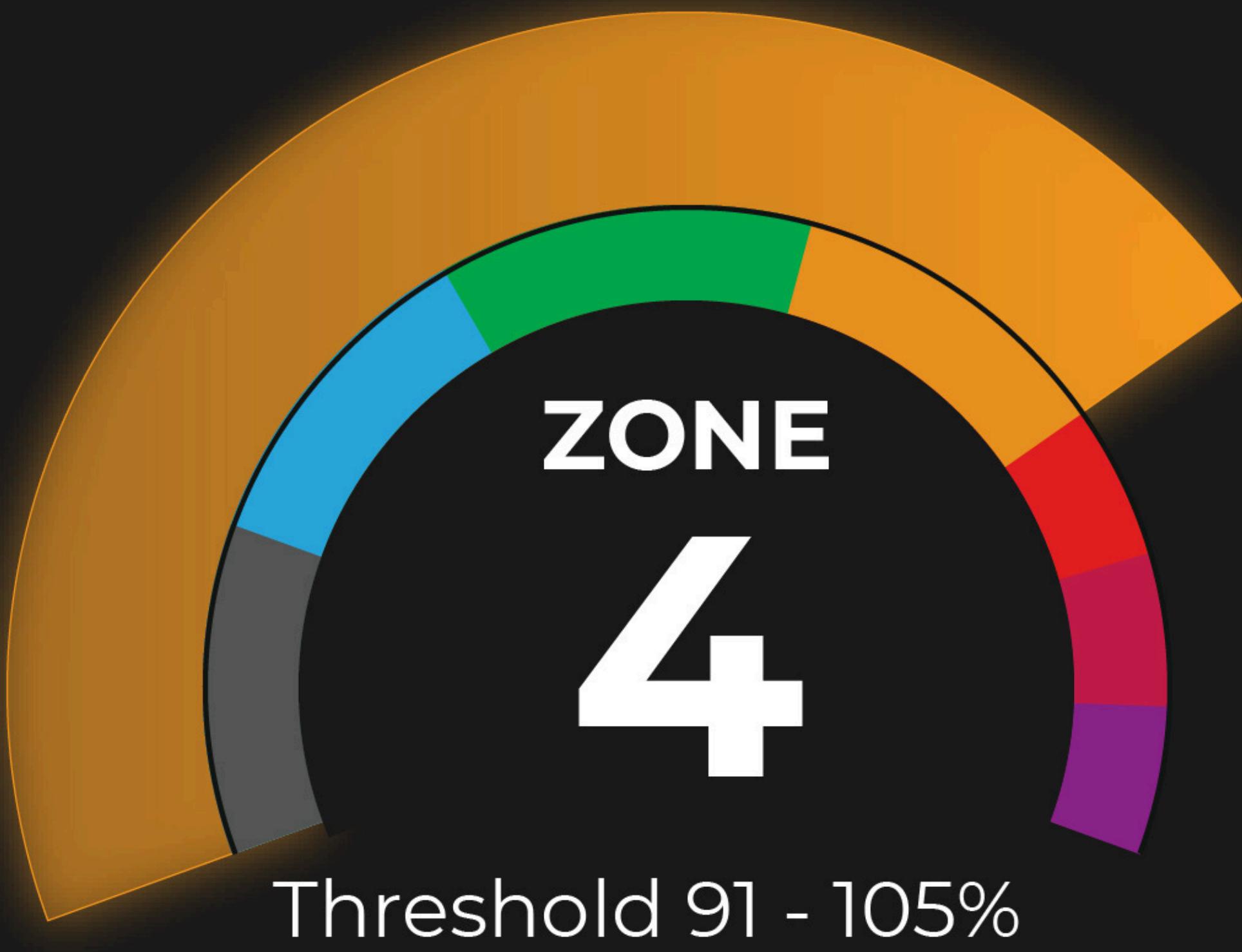
Zone: 3

Time: 05:00

Speed: 90-100

Seated Position

Gear: 10-14



HILL CLIMB

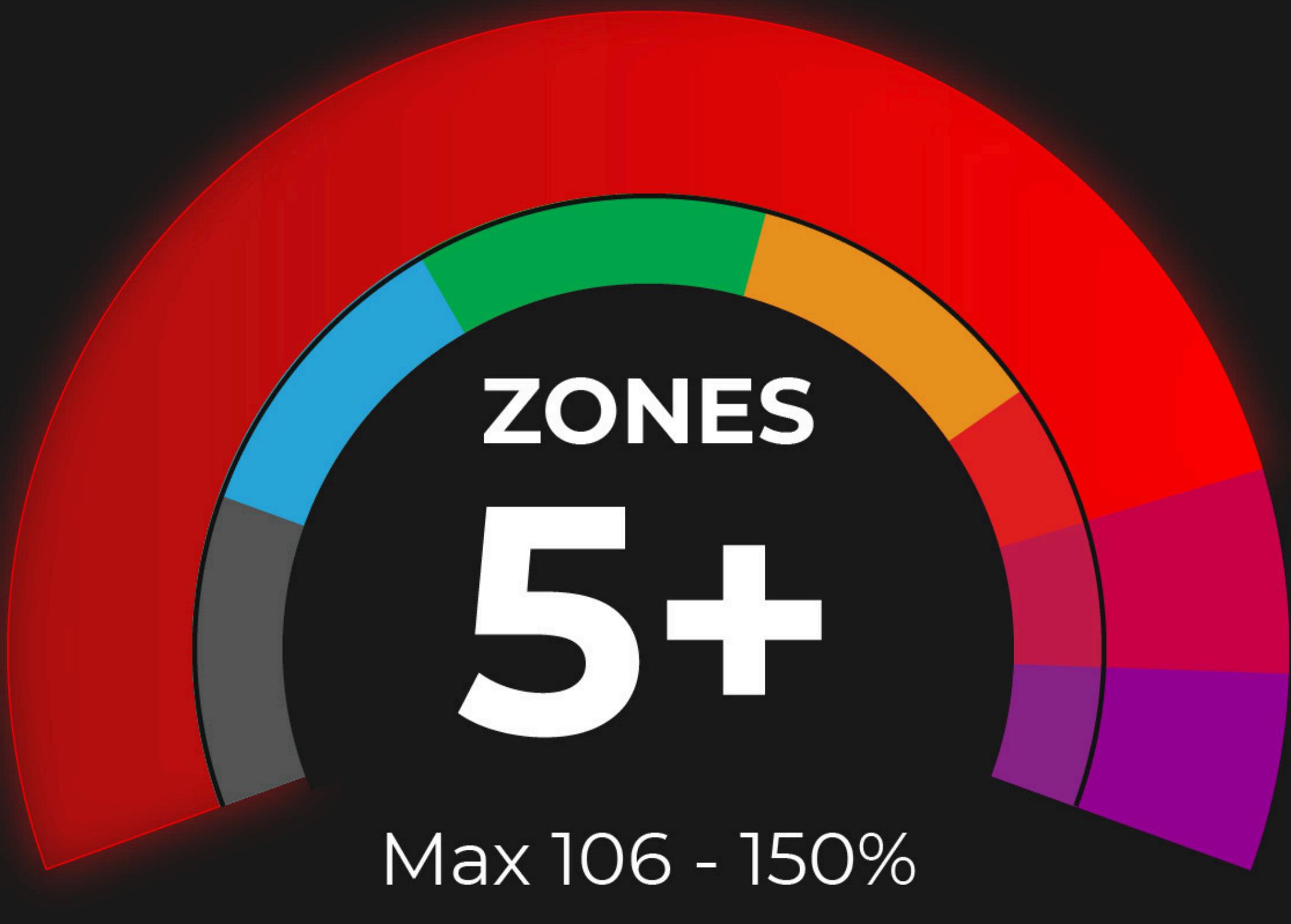
Zone: 4

Time: 6:00

Speed: 86

Seated to Stand

Gear: 14 - 18



INTERVALS

Zones: 2 and 5-6

Time: 06:00

Speed: 65/80

Seated/Attack

Gear: 14 - 18



RECOVERY

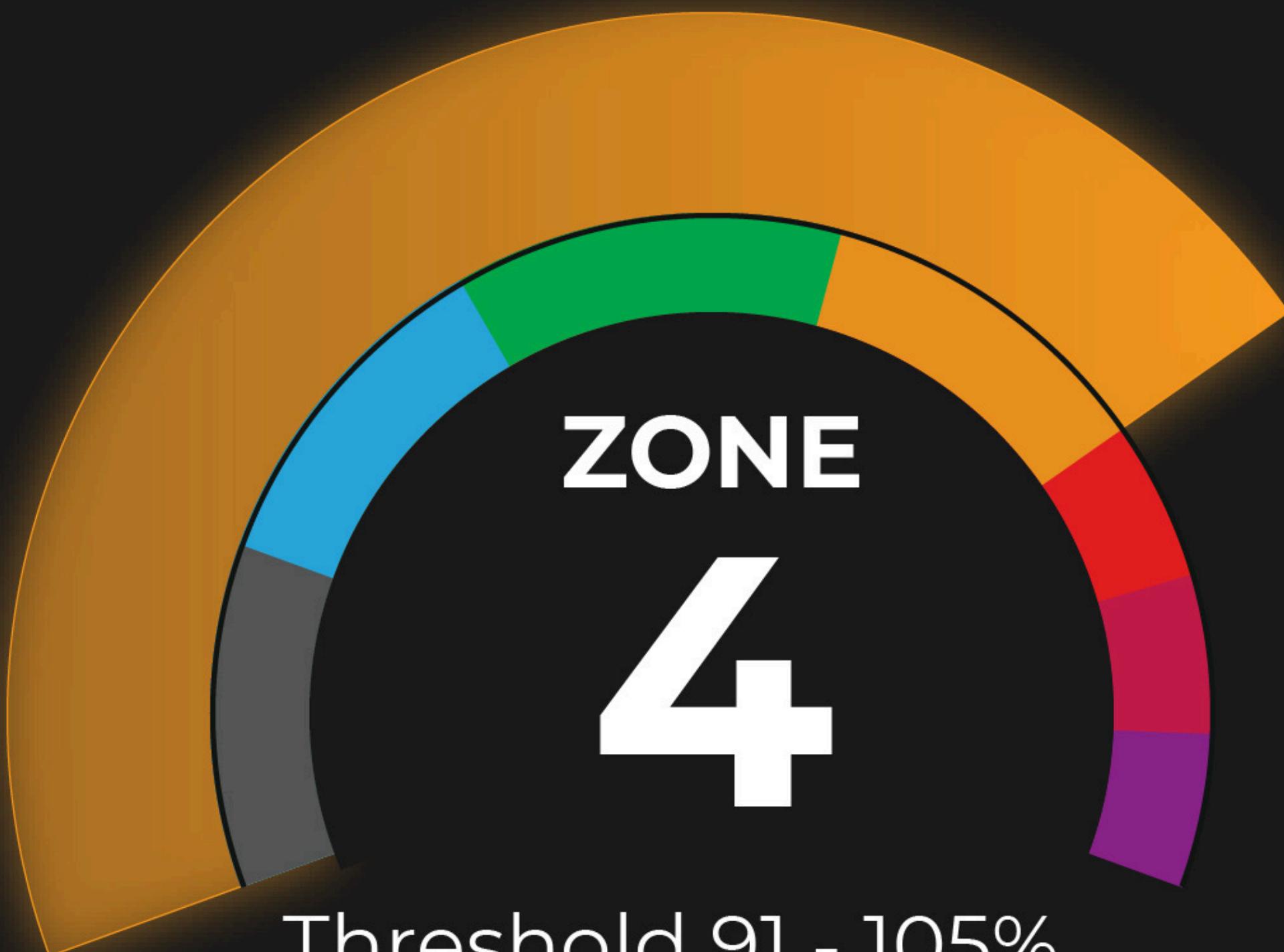
Zones: 1-2

Time: 04:00

Speed: 65 - 75

Seated Position

Gear: 6 - 10



Threshold 91 - 105%

INTERVALS

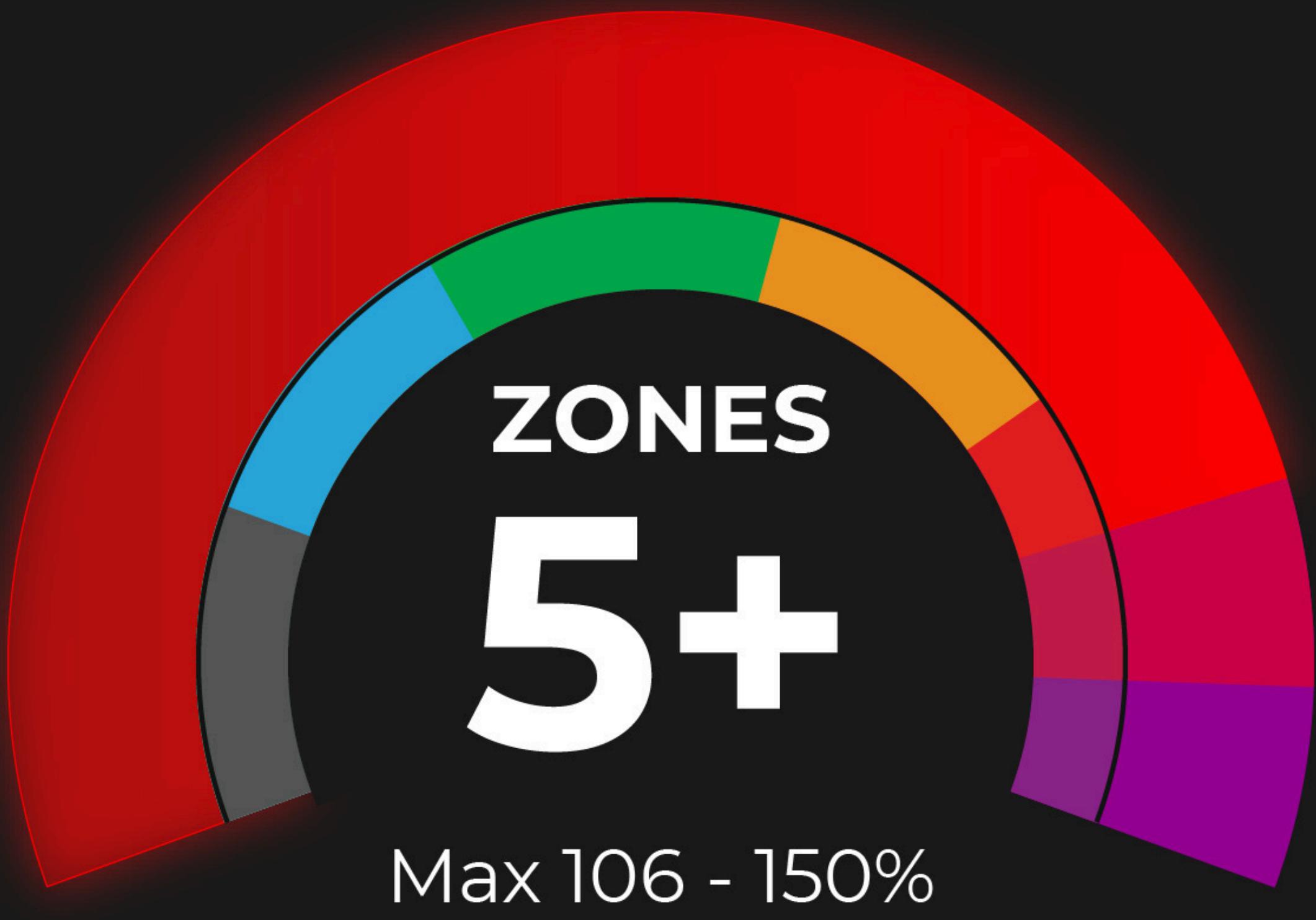
Zones: 4 and 3

Time: 07:00

Speed: 75

Seated/Stand

Gear: 14 - 18



INTERVALS

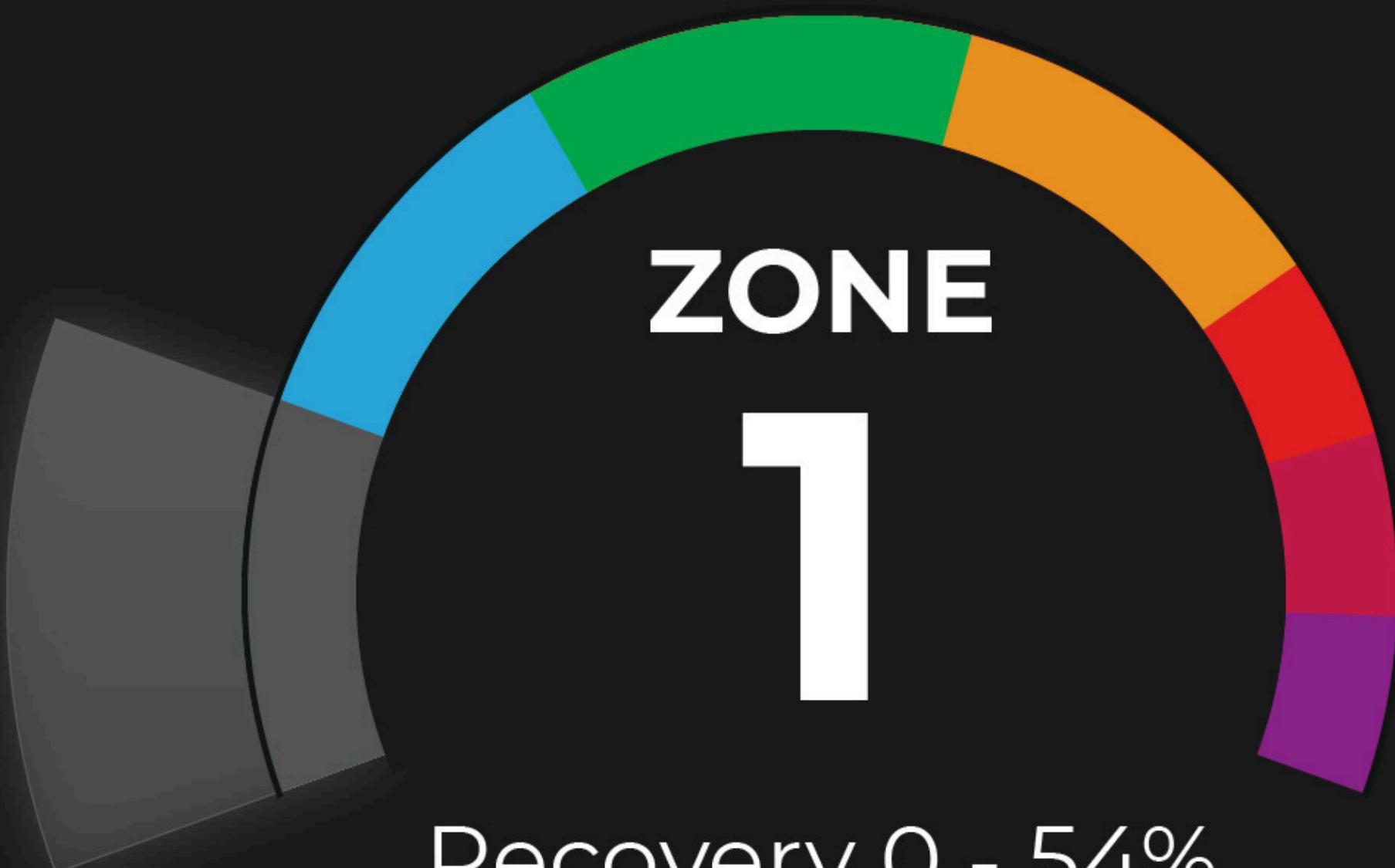
Zones: 2 and 6-7

Time: 06:00

Speed: 65/90

Seated

Gear: 14 - 18



COOL DOWN

Zones: 1

Time: 02:30

Speed: 65 - 75

Seated Position

Gear: 6 - 10