

# WARM UP 1

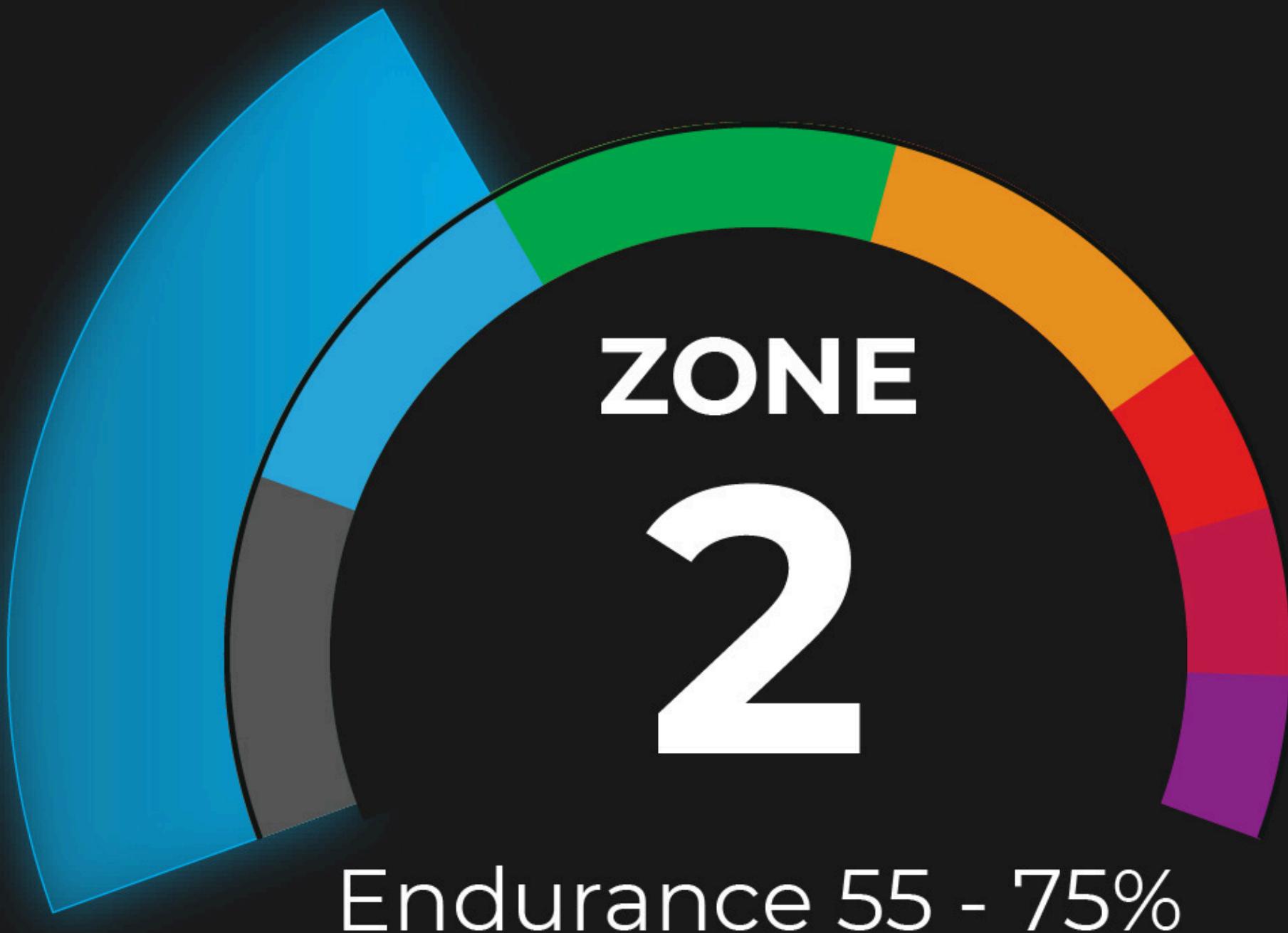
**Zone: 1**

**Time: 03:00**

**Speed: 65-75**

**Seated Position**

**Gear: 6 - 10**



# WARM UP 2

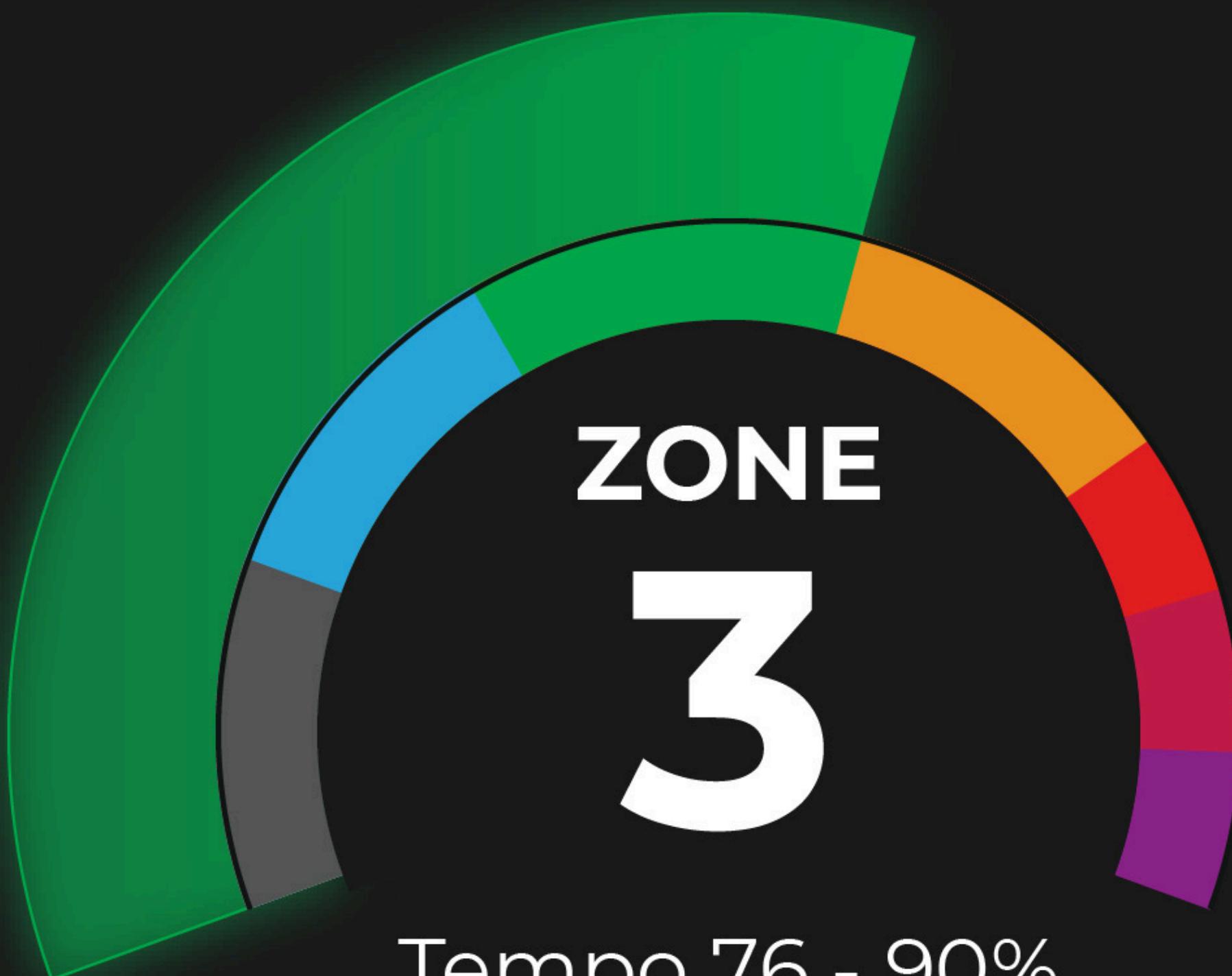
**Zone: 2**

**Time: 02:00**

**Speed: 75 - 85**

**Stand Position**

**Gear: 8 - 12**



## ZONE 3

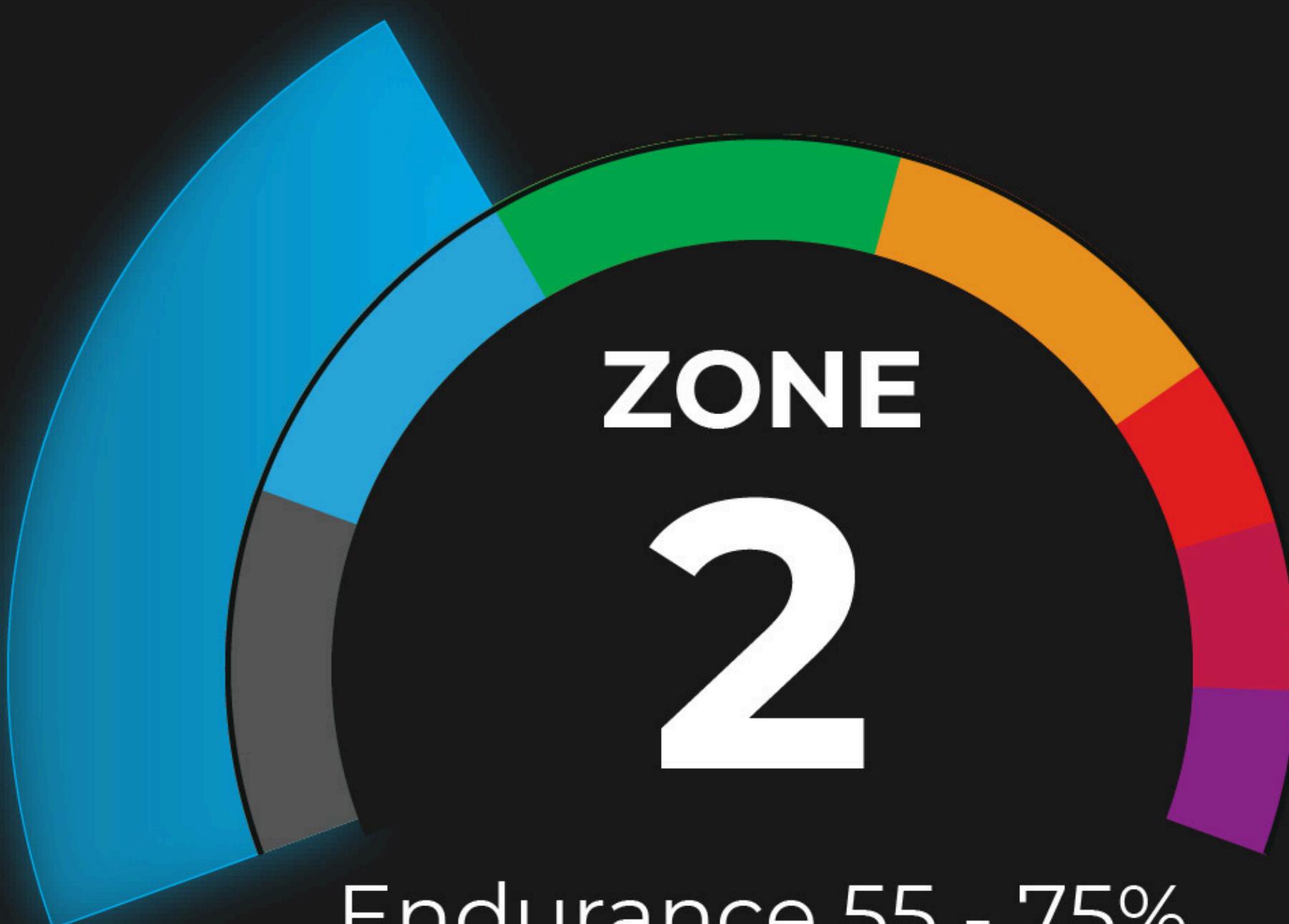
**Zone: 3**

**Time: 05:00**

**Speed: 85-90**

**Seated Position**

**Gear: 10-14**



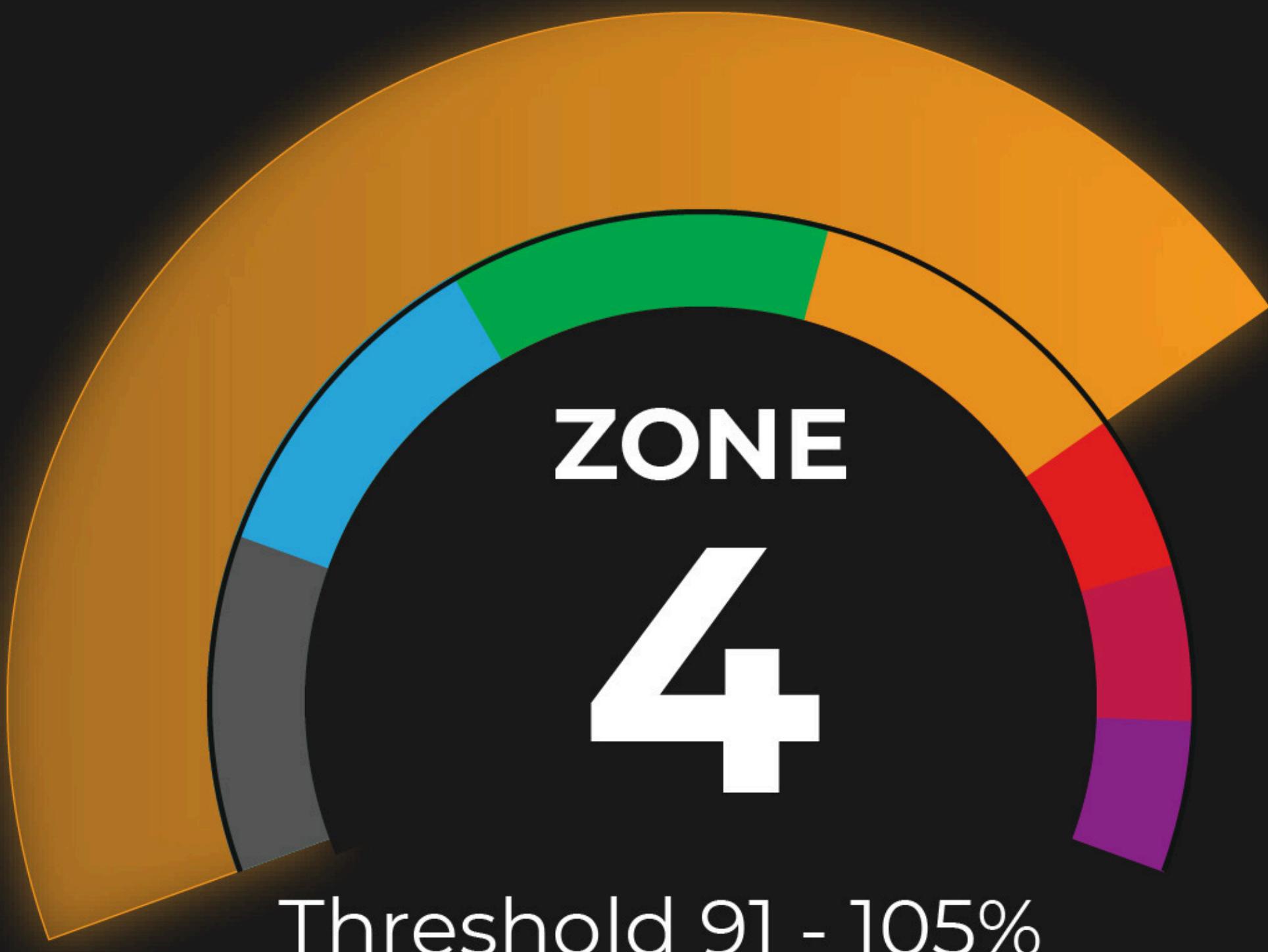
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



## **ZONE 4**

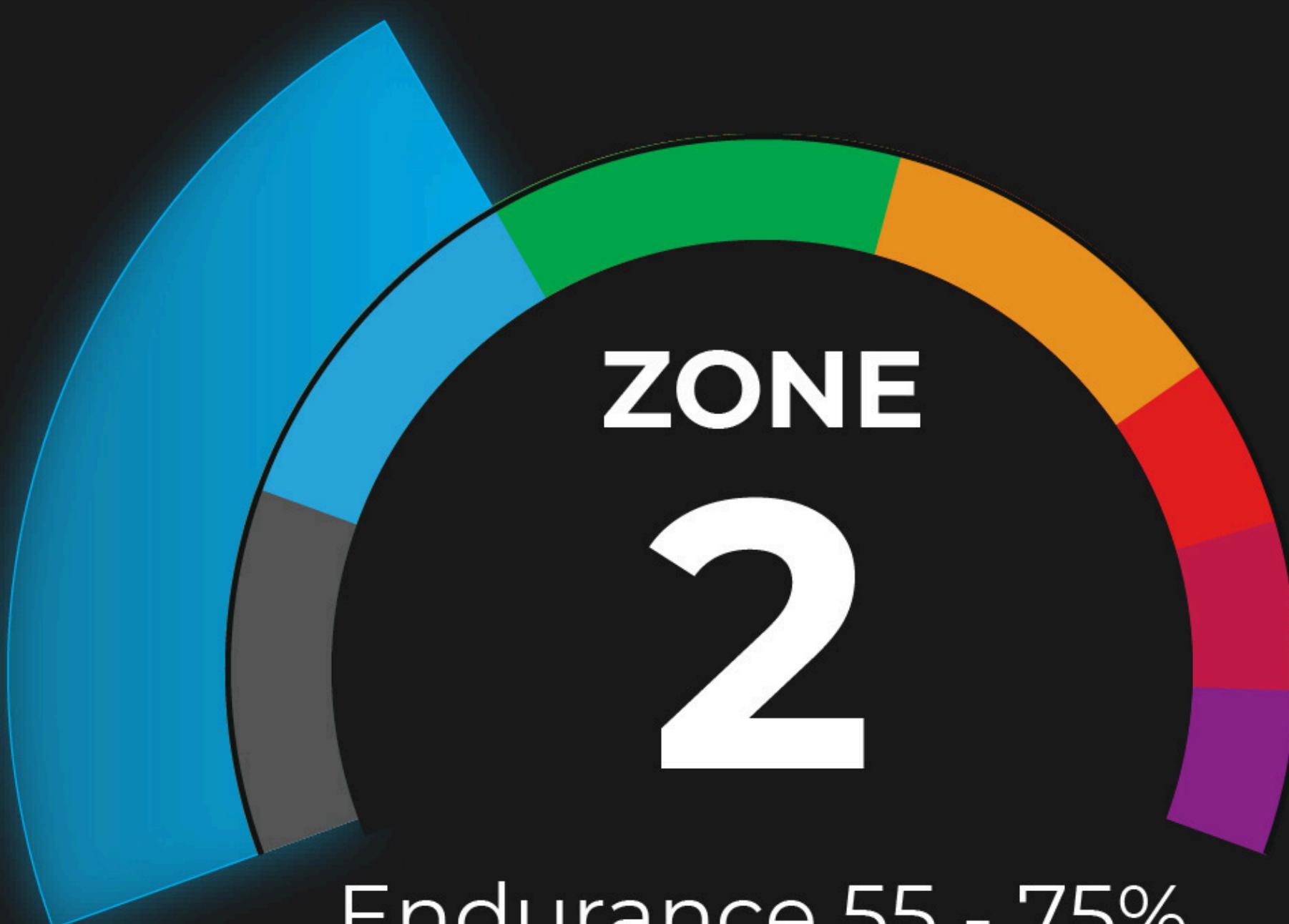
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



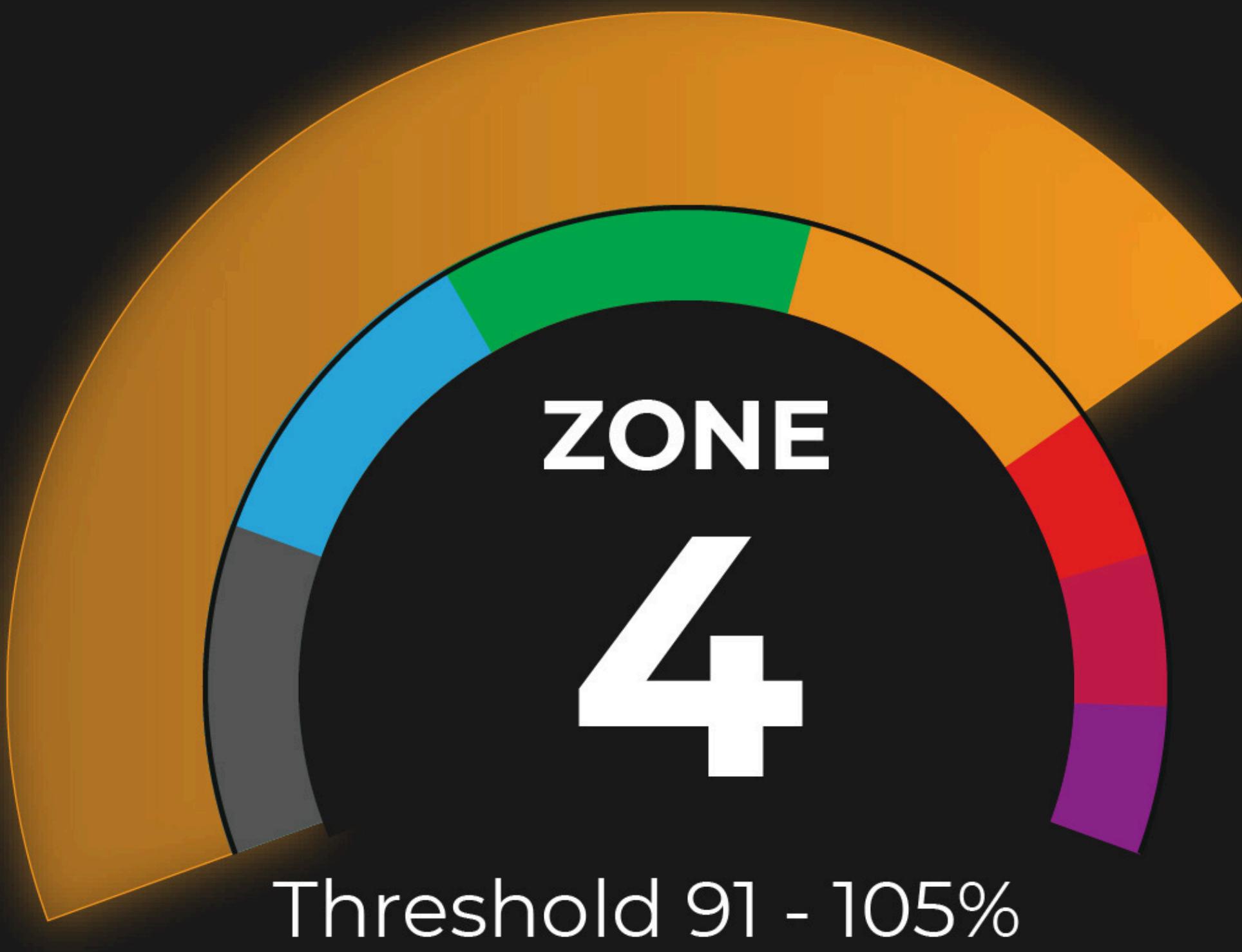
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



## **ZONE 4**

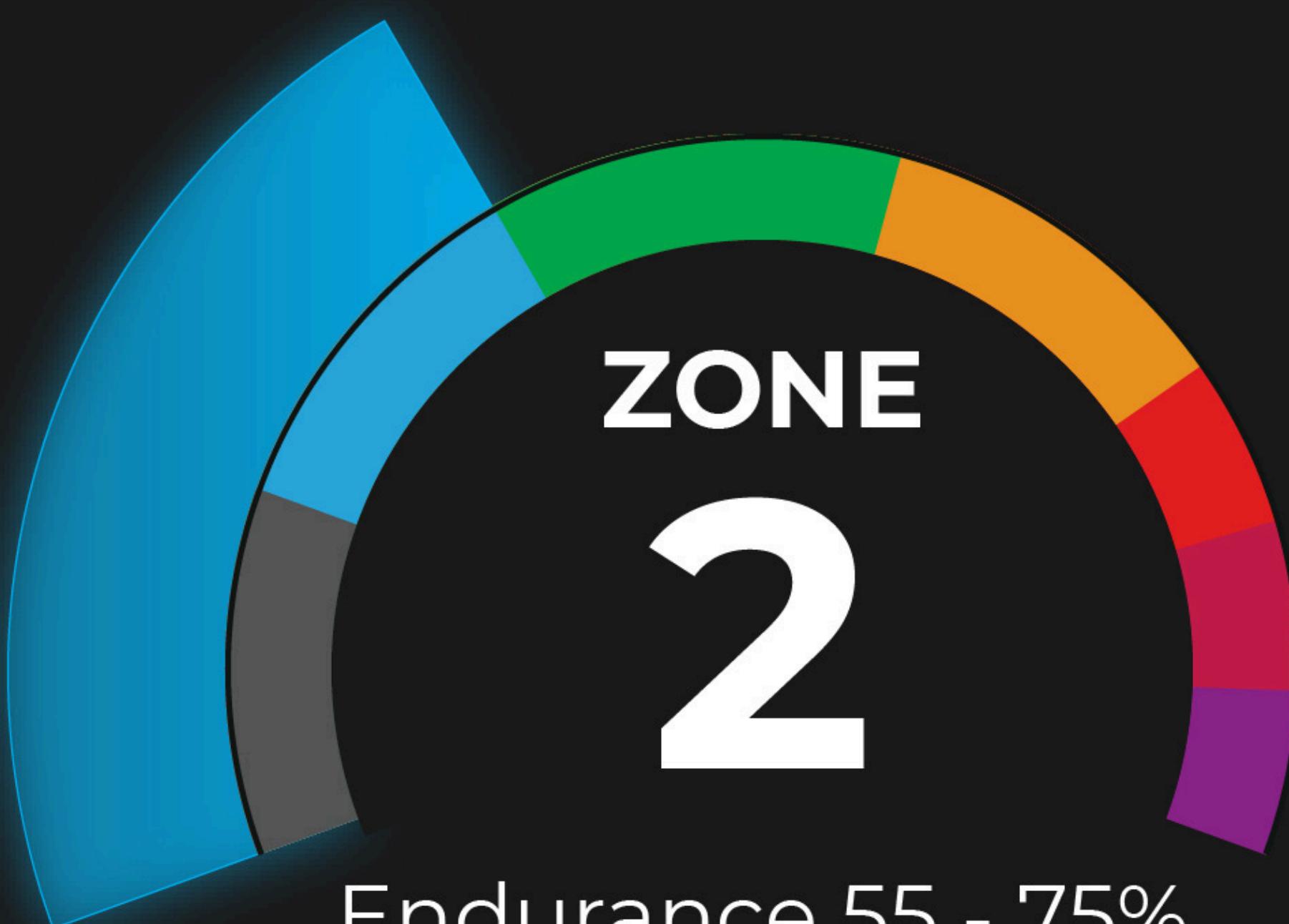
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



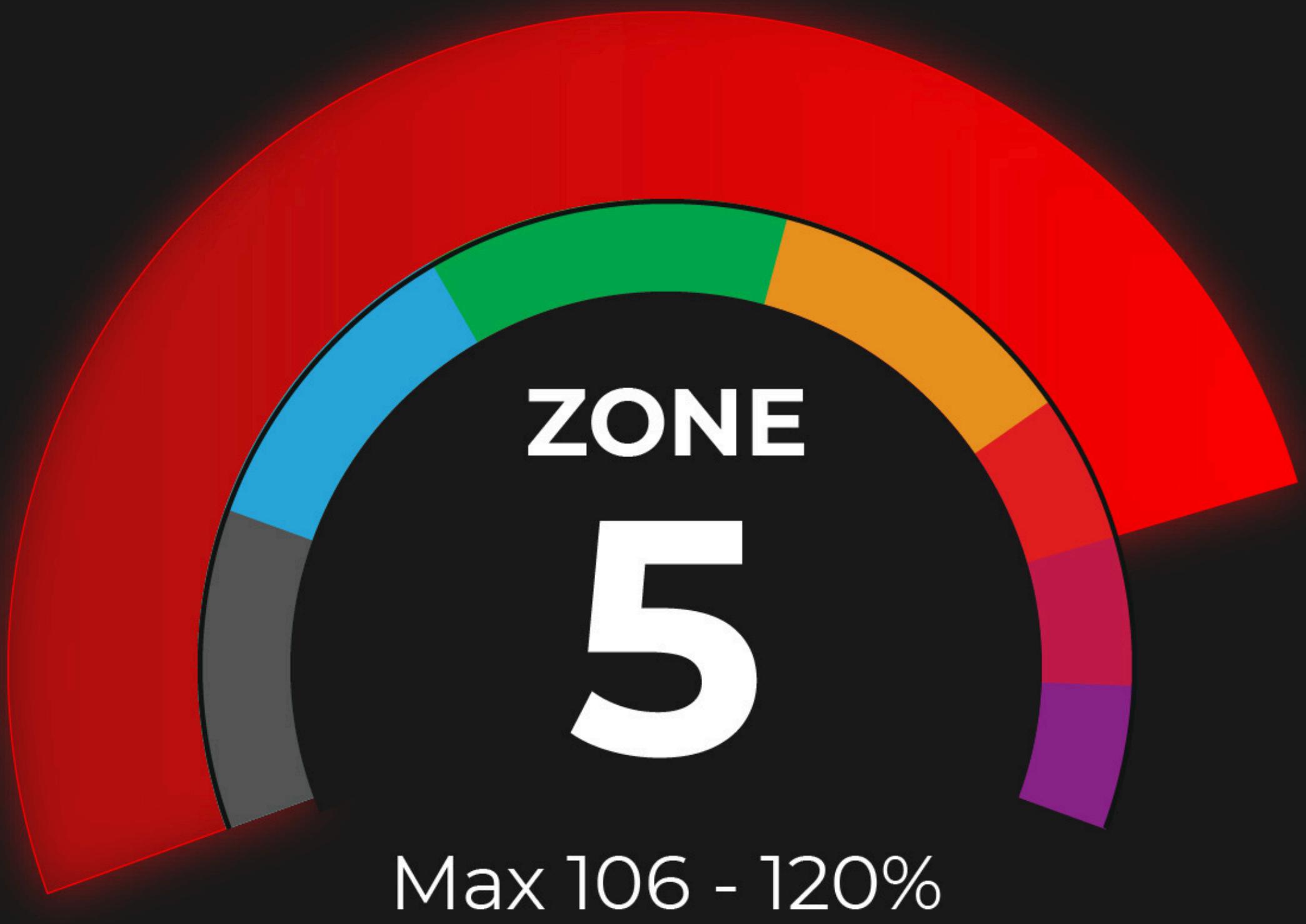
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



# ZONE 5

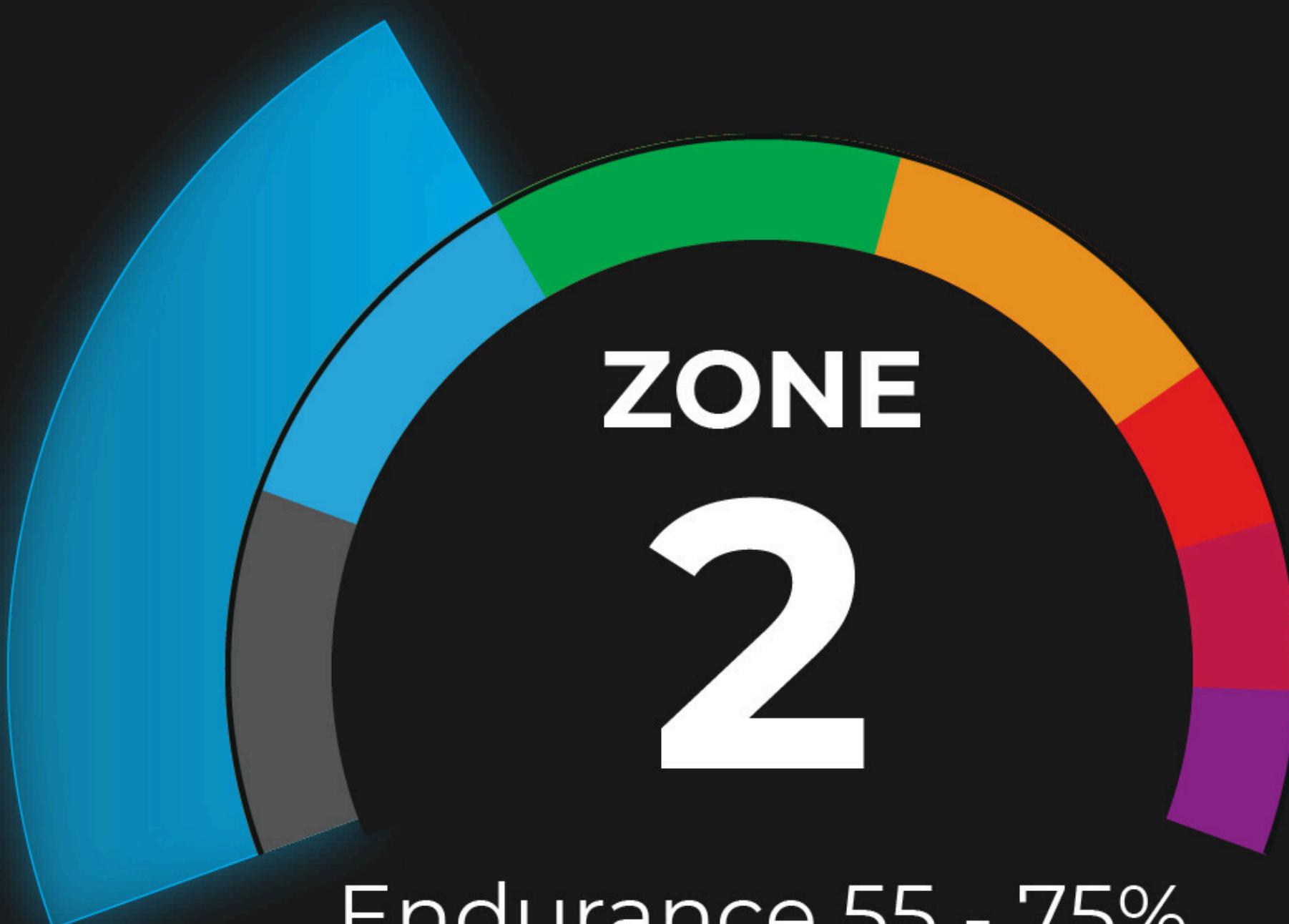
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



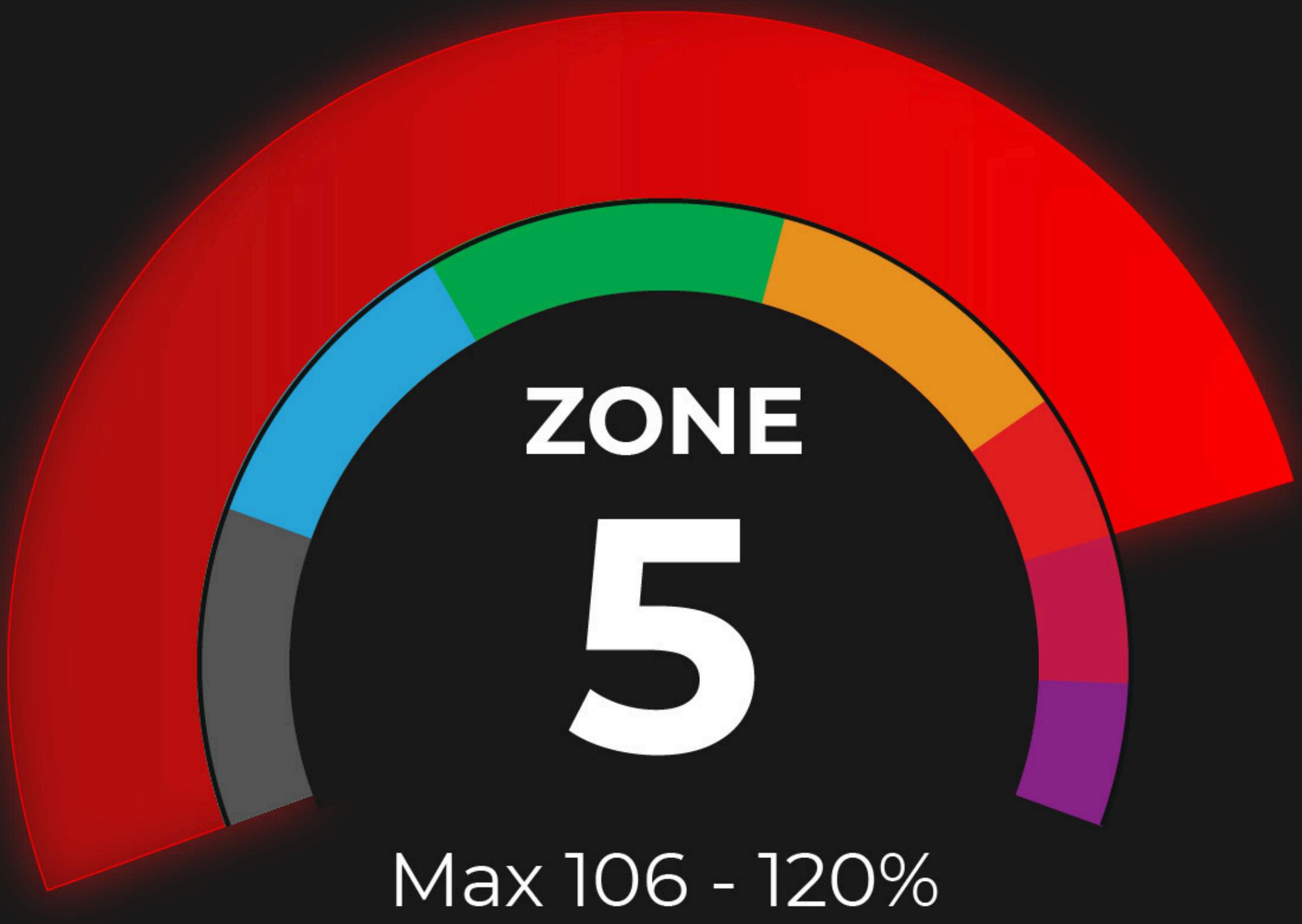
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



# ZONE 5

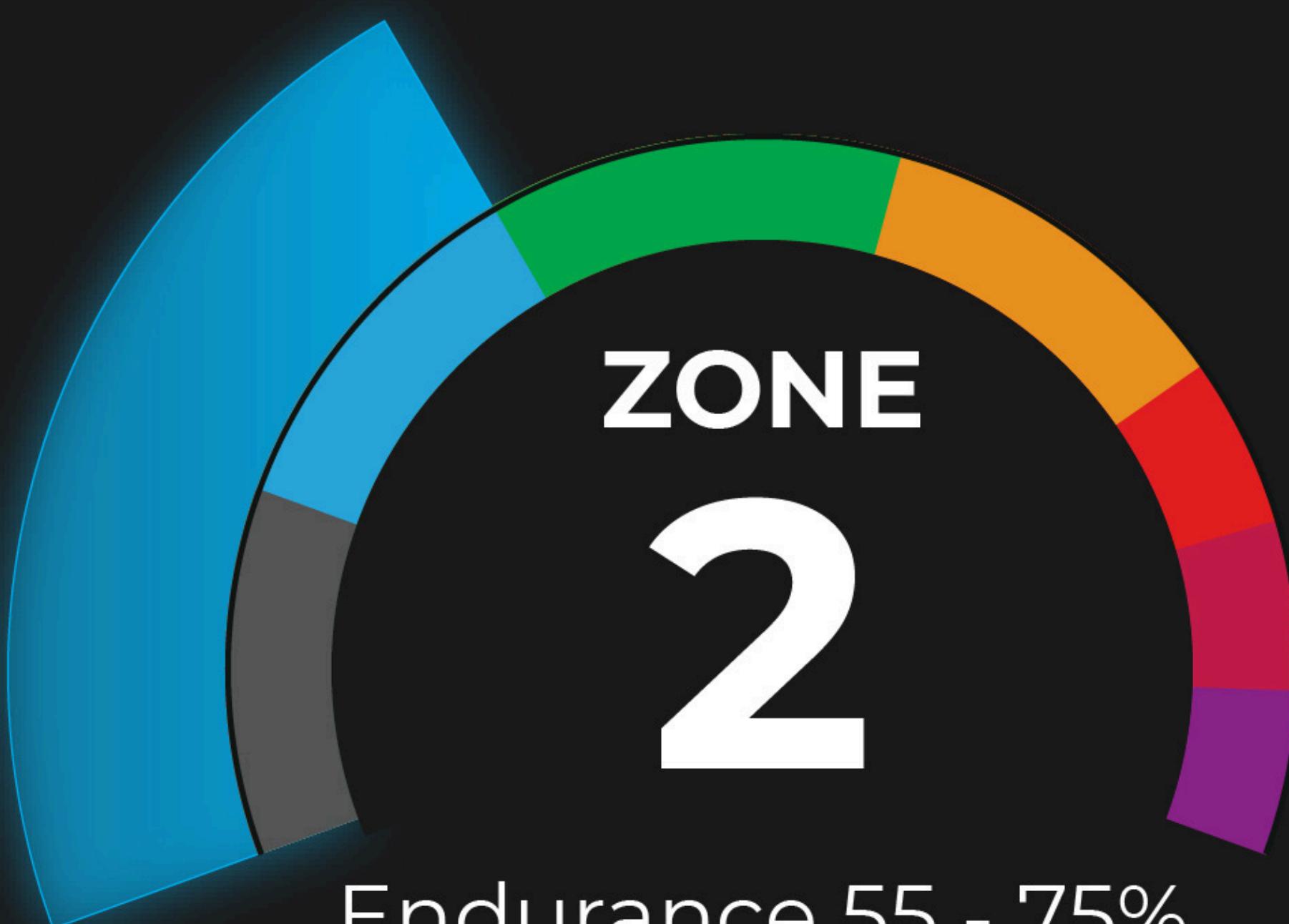
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



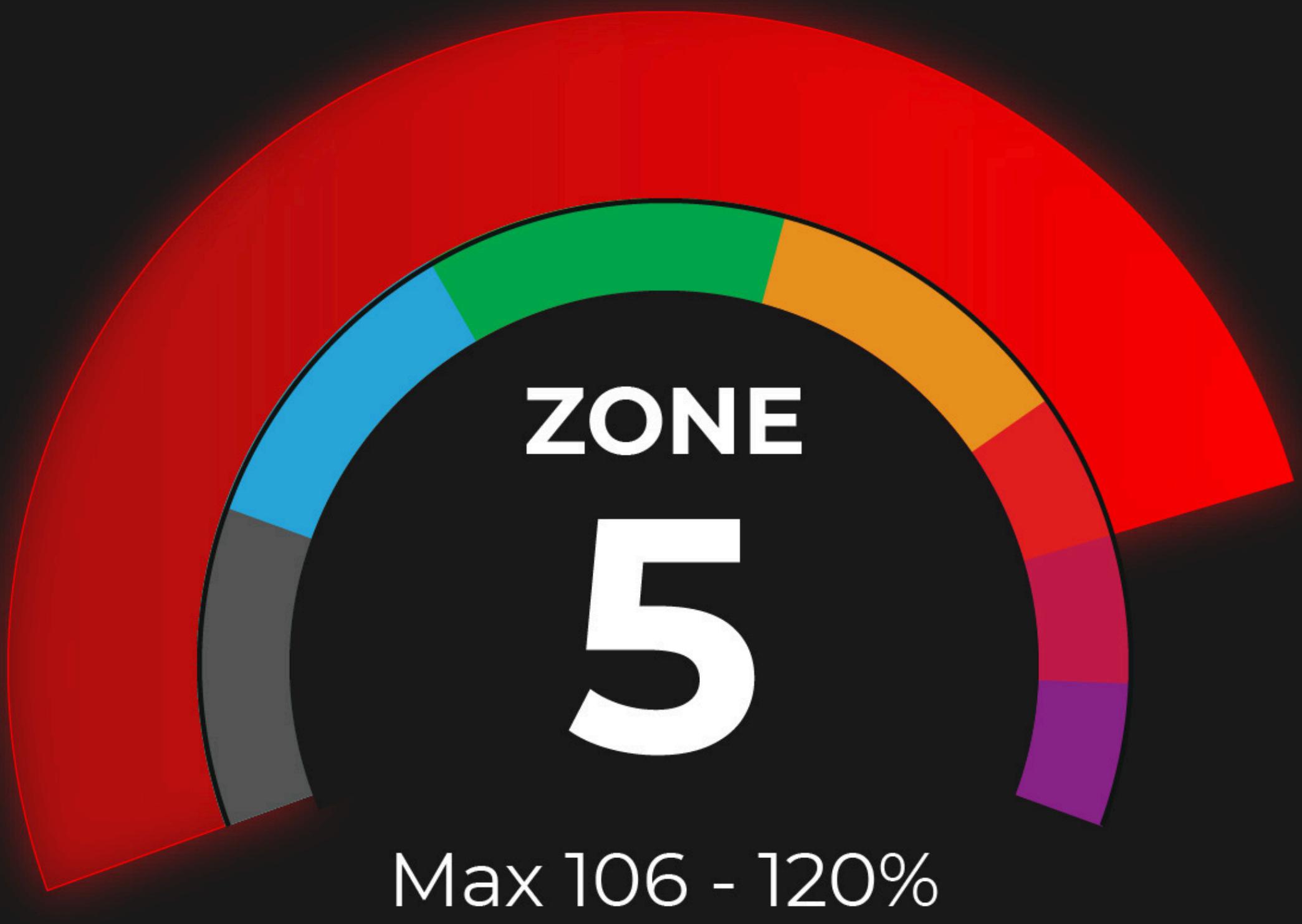
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



# ZONE 5

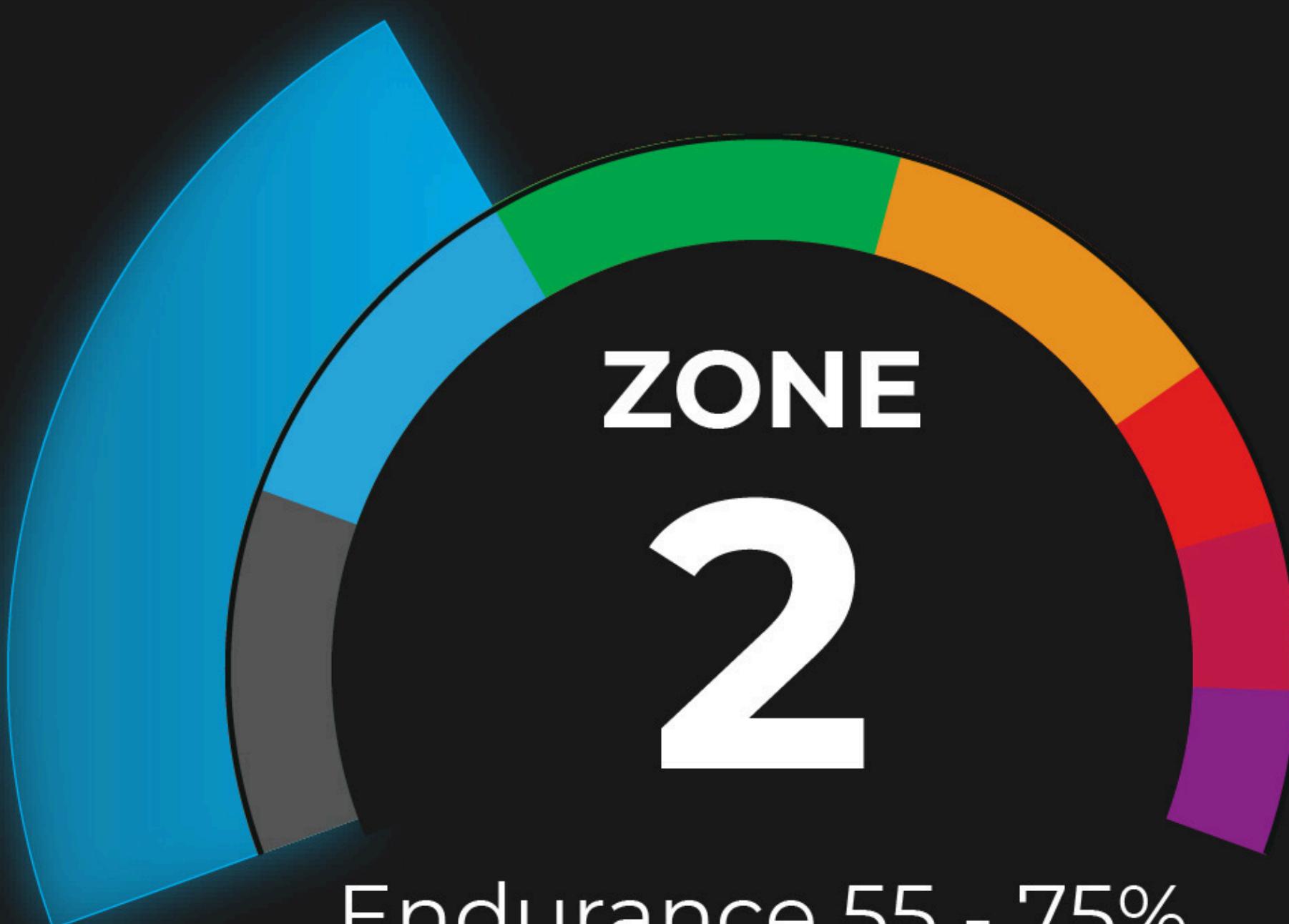
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



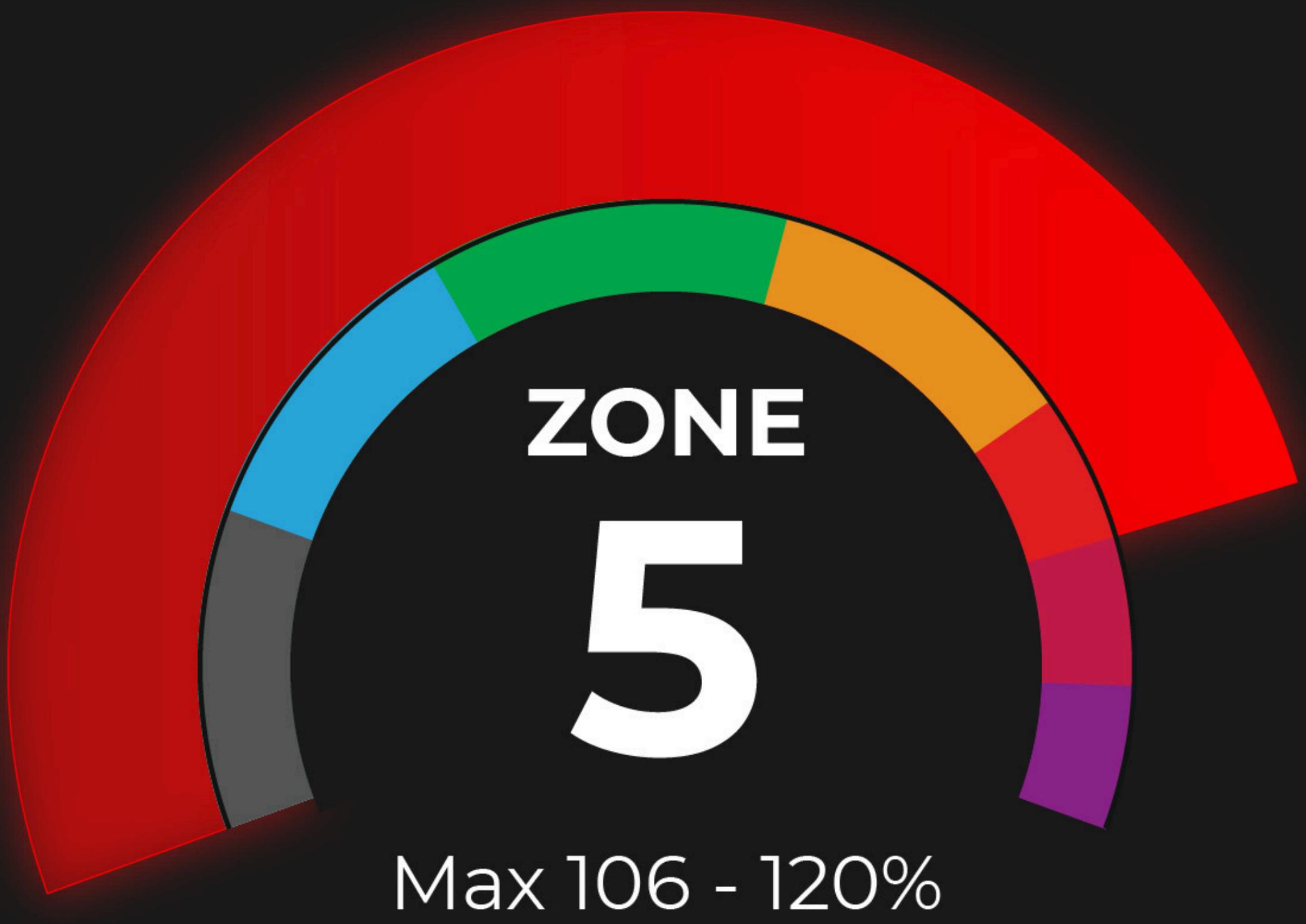
# ACTIVE RECOVERY

**Zone: 2**

**Time: 02:00**

**Speed: 70-75**

**Gear: 8 - 12**



# ZONE 5

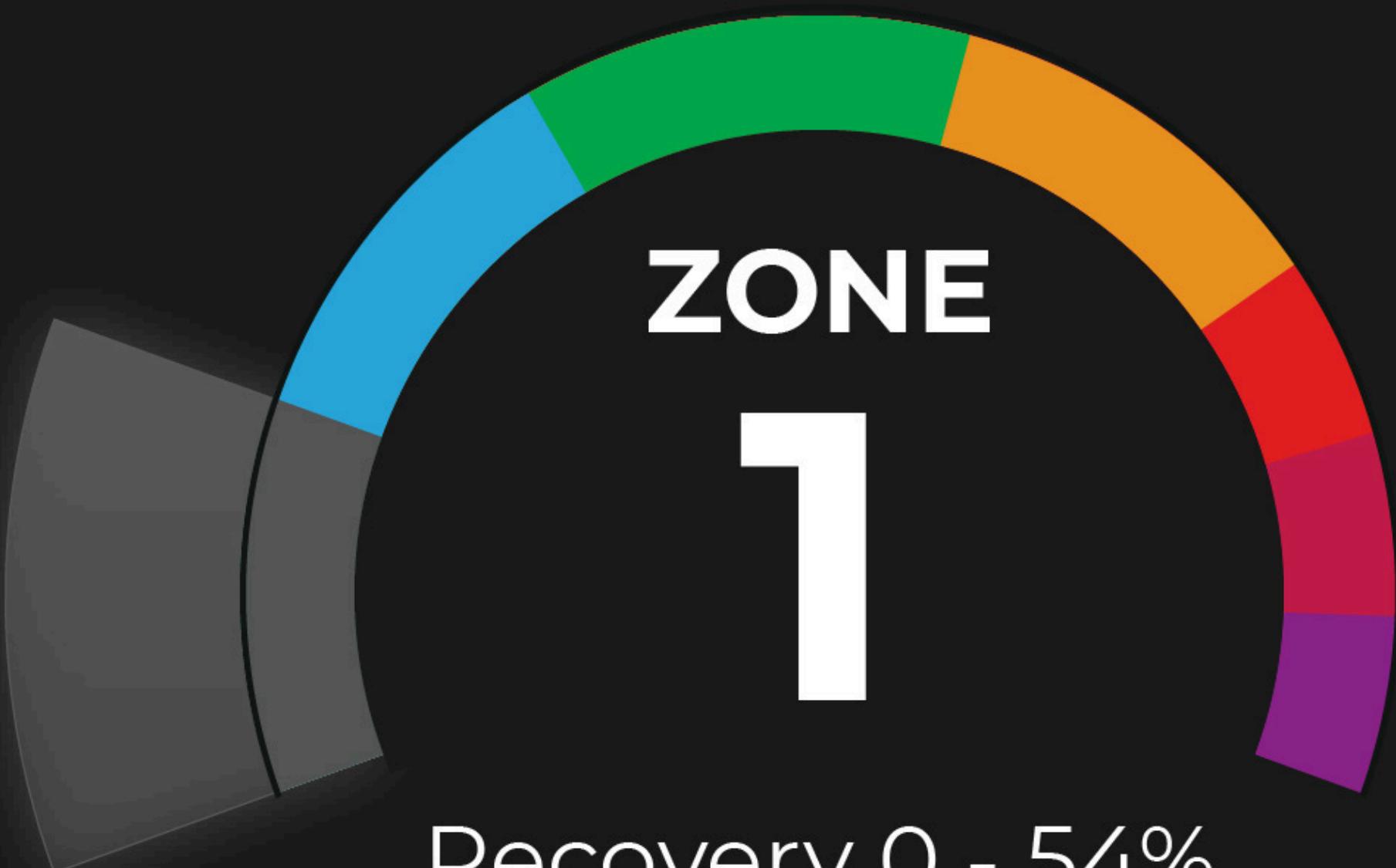
**Zone: 4**

**Time: 3:00**

**Speed: 85-90**

**Seated Position**

**Gear: 14 - 18**



# COOL DOWN

**Zones: 1**

**Time: 02:30**

**Speed: 65 - 75**

**Seated Position**

**Gear: 6 - 10**