



WARM UP 1

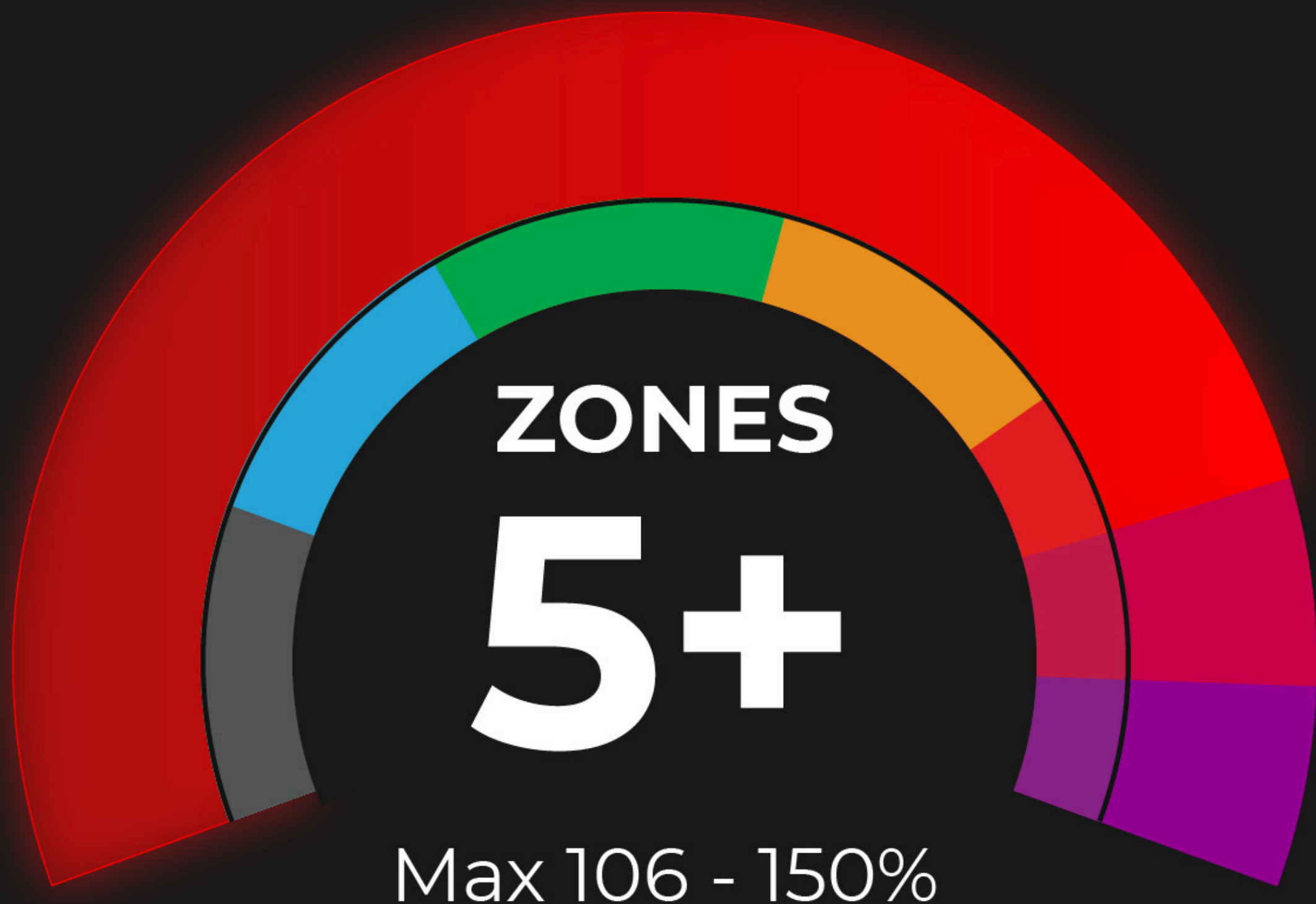
Zone: 1-2

Time: 04:00

Speed: 65-75

Seated Position

Gear: 6 - 10



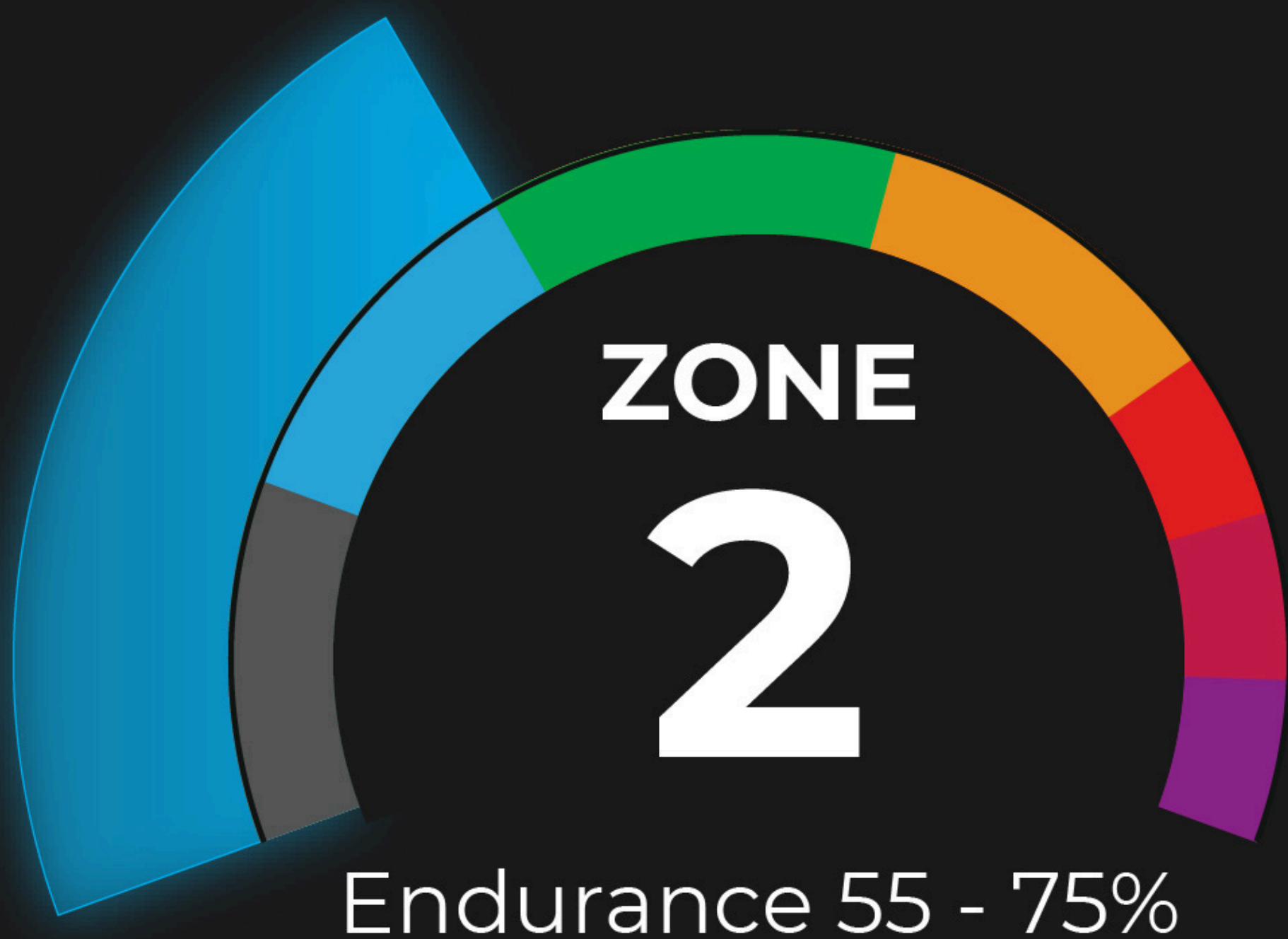
WARM UP 2

Zones: 2 and 3

Time: 06:00

Speed: 80/100

Gear: 14 - 18



WARM UP 2

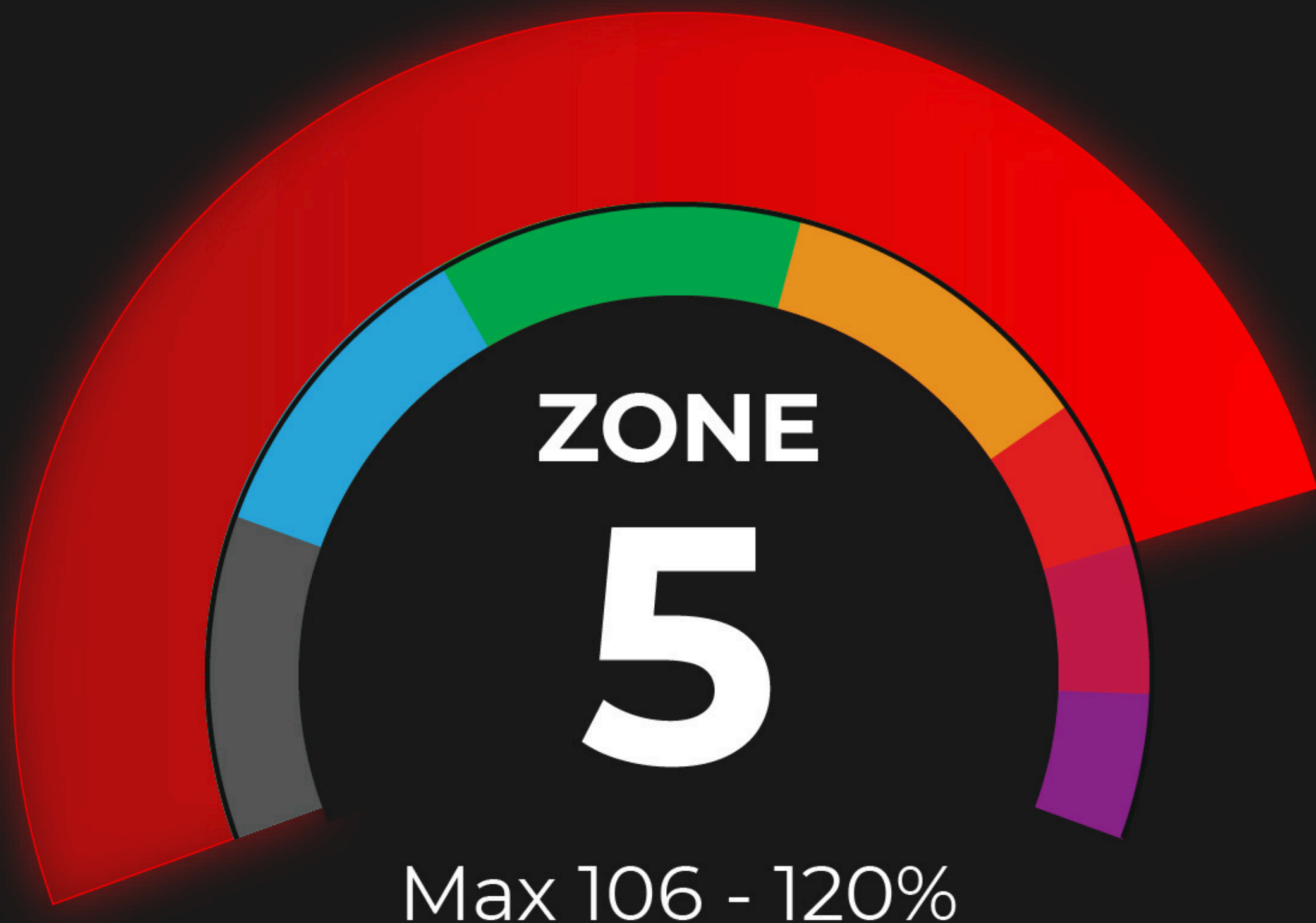
Zone: 2

Time: 04:00

Speed: 75 - 85

Seated Position

Gear: 8 - 12



THRESHOLD

Zone: 3-6

Time: 05:00

Speed: 80-100

Seated Position

Gear: Work to
max



RECOVERY

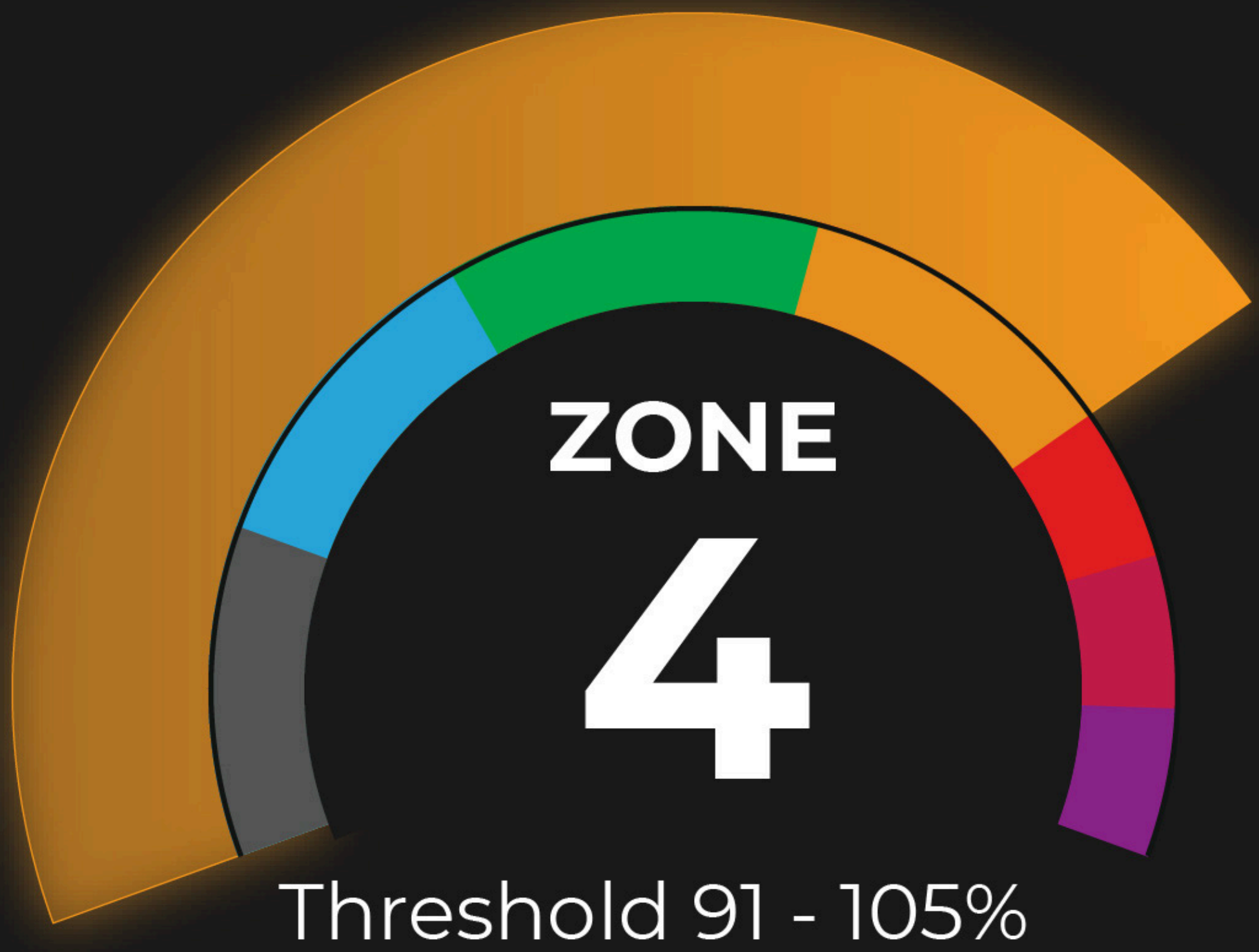
Zones: 1-2

Time: 05:00

Speed: 70 - 80

Seated Position

Gear: 6 - 10



FTP TEST

Zone: 4/5 (105+%)

Time: 20:00

Speed: 80-90

Seated

Gear: Riding up a steep hill against a heavy headwind



COOL DOWN

Zones: 1-2

Time: 03:00

Speed: 60 - 80

Seated Position

Gear: 6 - 10