

## Week 1 Indoor Training Cycling Workout

1hr 12min



### Workout Details

#### 1. Spin-Up #1

7 min

Zone 1

80-110 rpm, increase 5 rpm every 60 sec. Easy gear/light resistance.

#### 2. Spin-Up #2

5 min

Zone 1

80-120 rpm, increase 5 rpm every 30 sec. Easy gear/light resistance.

#### 3. Spin-Up #3

3 min

Zone 2

80-140 rpm, increase 5 rpm every 15 sec. Easy gear/light resistance.

#### 4. Recovery

2 min

Zone 1 Easy

#### 5. Strength ILT (L)

1 min

Zone 2

Left leg only @ 60 rpm, high muscle tension

#### 6. Recovery

1 min

Zone 1 Easy

#### 7. Strength ILT (R)

1 min

Zone 2

Right leg only @ 60 rpm, high muscle tension

#### 8. Recovery

1 min  
Zone 1 Easy

**9. Neuro-Muscular ILT (L)**

1 min  
Zone 1  
Left leg only @ 80 rpm, low muscle tension

**10. Recovery**

1 min  
Zone 1 Easy

**11. Neuro-Muscular ILT ( R )**

1 min  
Zone 1  
Right leg only @ 80 rpm, low muscle tension

**12. Recovery**

1 min  
Zone 1 Easy

**13. Strength ILT (L)**

1 min  
Zone 2  
Left leg only @ 60 rpm, high muscle tension

**14. Recovery**

1 min  
Zone 1 Easy

**15. Strength ILT ( R )**

1 min  
Zone 2  
Right leg only @ 60 rpm, high muscle tension

**16. Recovery**

1 min  
Zone 1 Easy

**17. Neuro-Muscular ILT (L)**

1 min  
Zone 1  
Left leg only @ 80 rpm, low muscle tension

**18. Recovery**

1 min  
Zone 1 Easy

**19. Neuro-Muscular ILT ( R )**

1 min  
Zone 1  
Right leg only @ 80 rpm, low muscle tension

**20. Strength ILT (L)**

1 min  
Zone 2  
Left leg only @ 60 rpm, high muscle tension

**21. Recovery**

1 min  
Zone 1 Easy

**22. Strength ILT ( R )**

1 min  
Zone 2  
Right leg only @ 60 rpm, high muscle tension

**23. Neuro-Muscular ILT (L)**

1 min  
Zone 1  
Left leg only @ 80 rpm, low muscle tension

**24. Recovery**

1 min  
Zone 1 Easy

**25. Neuro-Muscular ILT R**

1 min  
Zone 1  
Right leg only @ 80 rpm, low muscle tension

**26. Recovery**

2 min  
Zone 1 Easy

**27. Tempo**

5 min

Zone 3

Your choice of gearing, cadence and position. Goal is to be 75-80% of max HR for the duration of interval. HR limited to 80% of max.

**28. Recovery**

2 min

Zone 1 Easy.

**29. Tempo**

5 min

Zone 3

Your choice of gearing, cadence and position. Goal is to be 75-80% of max HR for the duration of interval. HR limited to 80% of max.

**30. Recovery**

2 min

Zone 1 Easy.

**31. Tempo**

5 min

Zone 3

Your choice of gearing, cadence and position. Goal is to be 75-80% of max HR for the duration of interval. HR limited to 80% of max.

**32. Recovery**

2 min

Zone 1 Easy.

**33. Spin**

2 min

Zone 1

Small gear, high cadence (110+ rpm), light muscle tension.

**34. Recovery**

1 min

Zone 1 Easy.

**35. Spin**

2 min

Zone 1

Small gear, high cadence (110+ rpm), light muscle tension.

**36. Recovery**

1 min  
Zone 1 Easy.

**37. Spin**

2 min  
Zone 1  
Small gear, high cadence (110+ rpm), light muscle tension.

**38. Cool Down**

3 min  
Zone 1 Easy.