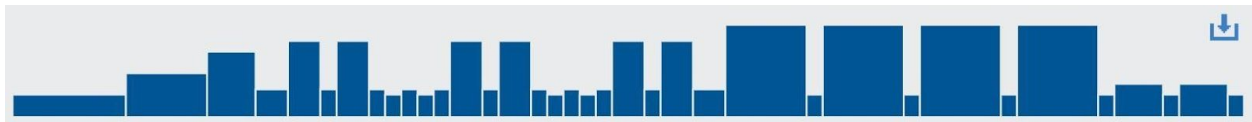


Week 2 Indoor Training Cycling Workout

1Hr 16Min



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)

2 min

Zone 2

Left leg only @ 60 rpm, high muscle tension

6. Recovery

1 min

Zone 1

Easy

7. Strength ILT (R)

2 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)

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

14. Recovery

1 min
Zone 1
Easy

15. Strength ILT (R)

2 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. Recovery

1 min
Zone 1
Easy

21. Strength ILT (L)

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

22. Recovery

1 min
Zone 1
Easy

23. Strength ILT (R)

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

24. Recovery

2 min
Zone 1
Easy

25. 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.

26. Recovery

1 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

1 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

1 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

1 min

Zone 1

Easy.

33. Spin

3 min

Zone 1

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

34. Recovery

1 min

Zone 1

Easy.

35. Spin

3 min

Zone 1

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

36. Cool Down

1 min

Zone 1

Easy.