

Cycling Week 3



Workout Details

- Spin-Up #1**
7 min
Zone 1
80-110 rpm, increase 5 rpm every 60 sec. Easy gear/light resistance.
- Spin-Up #2**
4 min
Zone 1
80-120 rpm, increase 5 rpm every 30 sec. Easy gear/light resistance.
- Spin-Up #3**
3 min
Zone 2
80-140 rpm, increase 5 rpm every 15 sec. Easy gear/light resistance.
- Recovery**
2 min
Zone 1
Easy
- Strength ILT (L)**
3 min
Zone 2
Left leg only @ 60 rpm, high muscle tension
- Recovery**
1 min
Zone 1
Easy
- Strength ILT (R)**
3 min
Zone 2
Right leg only @ 60 rpm, high muscle tension
- Recovery**
1 min
Zone 1
Easy

9. **Neuro-Muscular ILT (R)**
 - 2 min
 - Zone 1
 - Left leg only @ 80 rpm, low muscle tension
10. **Recovery**
 - 1 min
 - Zone 1
 - Easy
11. **Neuro-Muscular ILT (R)**
 - 2 min
 - Zone 1
 - Right leg only @ 80 rpm, low muscle tension
12. **Recovery**
 - 1 min
 - Zone 1
 - Easy
13. **Strength ILT (L)**
 - 3 min
 - Zone 2
 - Left leg only @ 60 rpm, high muscle tension
14. **Recovery**
 - 1 min
 - Zone 1
 - Easy
15. **Strength ILT (R)**
 - 3 min
 - Zone 2
 - Right leg only @ 60 rpm, high muscle tension
16. **Recovery**
 - 2 min
 - Zone 1
 - Easy
17. **Tempo (sitting)**
 - 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.
18. **Recovery**
 - 1 min
 - Zone 1
 - Easy.

19. **Tempo (Standing pedaling)**

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.

20. **Recovery**

1 min

Zone 1

Easy.

21. **Tempo (sitting)**

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.

22. **Recovery**

1 min

Zone 1

Easy.

23. **Tempo (Standing)**

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.

24. **Recovery**

1 min

Zone 1

Easy.

25. **Tempo (sitting)**

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**

2 min

Zone 1 Easy.

27. **Spin**

5 min

Zone 1

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

28. **Cool Down**

1 min

Zone 1 Easy