

Tempo Intervals Week 3



Workout Details

1. **Warm up**

20 min

Zone 1

Build effort from very easy to moderately hard over the duration.

2. **Repeat 6 times**

1. Tempo Interval

5 min

Zone 3

Keep HR at 75-80% of max HR (zone 3). Indoors: Adjust power/resistance down as needed to stay in HR zone. Outdoors: Your choice of gearing and cadence over mixed terrain of choice; flatter terrain if HR is too high, add climbing if more fit and HR stays low. This may be very slow if you are less fit, or solid effort if more fit.

2. Recovery

2 min

Zone 1

Easy effort.

3. **Cool Down**

10 min

Zone 1

Reduce effort from moderate to very easy over duration.