

BIKE SESSION Force 1

Session Challenge: Maintain strong power through each strength interval



Duration: 60 minutes

Warm Up	Cadence (RPM)	Perceived Exertion (1-10)	HR Zone (% of Lactate Threshold)	Power (% of Functional Threshold)	Notes
5:00	>90	<2	<70	<55	
5:00	70-80	4	84-94	76-90	Alt 30 sec seated/30 sec standing
5:00	>90	<2	<70	<55	
1:00	>90	<2	<70	<55	
5:00	115-120	7	NA	>121	Alt 0:30 effort/0:30 easy spin for the 5:00 interval
Main Set					
4:00	70 (You may have to increase the trainer resistance)	4-5	95-105 (might take a few minutes to reach this level)	91-105	Remain seated
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 2:30 increase resistance and stand for 0:30
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 2:00 increase resistance and stand for 1:00
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 1:30 increase resistance and stand for 1:30
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 1:00 increase resistance and stand for 2:00
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 0:30 increase resistance and stand for 2:30
1:00	>90	<2	<70	<55	
4:00	70 (You may have to increase the trainer resistance)	4-5, 5-6 when standing	95-105 (might take a few minutes to reach this level)	91-105	Standing the whole time
Cool down					
5:00	>90	<2	<70	<55	