

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 | |