

BIKE SESSION

Muscular Endurance 3

Session Challenge: It starts easy but soon gets harder. Dig deep



Duration: 66 minutes

Warm Up	Cadence (RPM)	Perceived Exertion (1-10)	HR Zone (% of Lactate Threshold)	Power (% of Functional Threshold)	Notes
15:00	>90	2-4	70-90	60-80	
1:00	>90	<2	<70	<55	
6:00	80-100	<2	<70	<55	Alt 1 min left/1 min right
1:00	>90	<2	<70	<55	
Main Set					
5x6:00	80-90	6-7	95-100	95	Aerobars for every 2 nd interval. 2:00 easy spin between intervals
Cool down					
5:00	>90	<2	<70	<55	