

BIKE SESSION

Muscular Endurance 2

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



Duration: 67 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	
5:00	80-100	<2	<70	<55	Alt 30 sec 80 rpm/30 sec 100 rpm
1:00	>90	<2	<70	<55	
Main Set					
7 x4:00	95 (You may have to increase the trainer resistance)	7	95-100	95	2:00 easy spin between intervals
Cool down					
5:00	>90	<2	<70	<55	