

BIKE SESSION

Muscular Endurance 1

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



Duration: 65 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					
5 x 0:40	100 (You may have to increase the trainer resistance)	7-8	>106	100-115	0:20 easy spin between intervals
3:00	>90	<2	<70	<55	
5 x 0:40	100 (You may have to increase the trainer resistance)	7-8	>106	100-115	0:20 easy spin between intervals
3:00	>90	<2	<70	<55	
5 x 0:40	100 (You may have to increase the trainer resistance)	7-8	>106	100-115	0:20 easy spin between intervals
3:00	>90	<2	<70	<55	
5 x 0:40	100 (You may have to increase the trainer resistance)	7-8	>106	100-115	0:20 easy spin between intervals
3:00	>90	<2	<70	<55	
6:00	85	6	85-90	80-85	In aerobars
Cool down					
5:00	>90	<2	<70	<55	