

BIKE SESSION Force 2

Session Challenge: Maintain strong power through each strength interval



Duration: 73 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	
5:00	115-120	7	NA	>121	Alt 0:30 effort/0:30 easy spin for the 5:00 interval
Main Set					
6 x 3:00	70 (You may have to increase the trainer resistance)	5-8	95-105 (might take a few minutes to reach this level)	91-120	Remain seated. Increase effort to maximal through each interval. 1:00 easy spin between
2:00	>90	<2	<70	<55	
6 x 3:00	70 (You may have to increase the trainer resistance)	5-6, 6-7 when standing	95-105 (might take a few minutes to reach this level)	91-105	At 2:00 stand and increase resistance and gearing to hold 60rpm. 1:00 easy spin between
Cool down					
5:00	>90	<2	<70	<55	