

# BIKE SESSION

## Endurance 1

**Session Challenge:** Altering your effort but staying in control of output



**Duration:** 61 minutes

Warm Up	Cadence (RPM)	Perceived Exertion (1-10)	HR Zone (% of Lactate Threshold)	Power (% of Functional Threshold)	Notes
5:00	>90	<3	<70	<55	
5:00	70-80	5	84-94	76-90	Alt 30 sec seated/30 sec standing
6:00	70-80	5	84-94	76-90	Alt 1:00 left/1:00 right. Pedal with one leg at a time. Rest the other leg on the trainer behind you
1:00	>90	<3	<70	<55	
<b>Main Set</b>					
3 x 6:00	90-96	Start at 3	Start at 70	Start at 60	Increase by 3 BPM or 10w every 2:00. No rest between each 6:00.
3:00	>90	<3	<70	<55	
3 x 6:00	90-96	Start at 4	Start at 85	Start at 76	Increase by 3 BPM or 10w every 2:00. No rest between each 6:00.
<b>Cool down</b>					
5:00	Keep over 90	<3	<70	<55	