

BIKE SESSION

Endurance 2

Session Challenge: Consistent smooth pedalling



Duration: 65 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	
Main Set					
6 x 2:00	70	5-6	84-90	76-85	1:00 easy rest between @ 100RPM
3:00	>90	<3	<70	<55	
6 x 3:00	70	6	90-94	85-90	1:00 easy rest between @ 100RPM
Cool down					
5:00	>90	<3	<70	<55	