

# BIKE SESSION Force 3

Session Challenge: Maintain strong power through each strength interval



Duration: 67 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
1:00	>90	<2	<70	<55	
5:00	80-100	4	84-94	76-90	Alt 0:30 100 rpm/0:30 8- rpm for the 5:00 interval
<b>Main Set</b>					Put a 10cm block under front wheel to simulate a hill
4 x 3:00	90	5-6	84-94	76-90	1:00 easy spin between
4 x 3:00	60 (will have to increase resistance)	5-6	84-94	76-90	1:00 easy spin between
4 x 3:00	70 (will have to increase resistance)	5-6	84-94	76-90	Stay in aerobars. 1:00 easy spin between
<b>Cool down</b>					
5:00	>90	<2	<70	<55	