

BIKE SESSION

Endurance 3

Session Challenge: Get comfortable in the aero position



Duration: 64 minutes

Warm Up	Cadence (RPM)	Perceived Exertion (1-10)	HR Zone (% of Lactate Threshold)	Power (% of Functional Threshold)	Notes
5:00	>90	<23	<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					
2 x 20:00	90-94	5	69-83	56-75	2:00 full rest between, no pedalling. Get off, stretch if need be
Cool down					
5:00	>90	<3	<70	<55	