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| Time | High Low Cadence Session with Sprints | HeartrateZone | PowerZone |
| 0-10 | Warm Up | 2 | 1-2 |
| 10-12 | High Cadence 100-110rpm | 3 | 2-3 |
| 12-14 | Spin/Recovery | 2 | 1-2 |
| 14-16 | Low Cadence <75rpm | 3 | 2-3 |
| 16-18 | Spin/Recovery | 2 | 1-2 |
| 18-20 | High Cadence 100-110 rpm | 3 | 2-3 |
| 20-22 | Low Cadence <75rpm | 3 | 2-3 |
| 22-24 | Spin/Recovery | 2 | 1-2 |
| 24-26 | High Cadence 100-110rpm | 3 | 2-3 |
| 26-28 | Low Cadence <75rpm | 3 | 2-3 |
| 28-30 | High Cadence 100-110rpm | 3 | 2-3 |
| 30-32 | Spin/Recovery  | 2 | 1-2 |
| 32-35 | Sprint 20sec /Recovery | 3 | 6-2 |
| 35-38 | Sprint 20sec /Recovery | 3 | 6-2 |
| 38-41 | Sprint 20sec Recovery | 3 | 6-2 |
| 41-43 | Spin High Cadence (Low Gear) | 3 | 2-3 |
| 43-45 | Spin/Recovery | 2 | 2-3 |
| 45-50 | Climb to Finish (Alternate In/Out of Saddle) | 2-3 | 3 |
| 50-60 | Cool Down | 2 | 1-2 |
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| During Warm up do 5mins Easy then 5 mins as 30sec drill/30sec spin  |
| During Cool Down do 2mins spin then 3 x (30sec left single leg drill 30 spin 30sec right single leg drill 30 sec ) then 2 min spin.  |

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|  | If you don't have power use perceived effort 1 is the lowest/5 is the hardest.  |  |  |
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