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| Time | Mixed Cadence Recovery SessionKeep effort level low (Upper Z2 Lower Z3 max) (Focus on Cadence) | HeartrateZone | PowerZone |
| 0-10 | Warm Up | 2 | 1-2 |
| 10-15 | Low Cadence <75rpm | 3 | 2 |
| 15-20 | Mid Cadence 85-95rpm  | 3 | 2 |
| 20-25 | High Cadence 100-110 rpm | 3 | 2-3 |
| 25-30 | Recovery/Spin | 3 | 1-2 |
| 30-35 | Low Cadence <75rpm | 2 | 2 |
| 35-40 | Mid Cadence 85-95rpm  | 3 | 2 |
| 40-45 | High Cadence 100-110 rpm | 3 | 2-3 |
| 45-50 | Recovery/Spin | 3 | 1-2 |
| 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 so 1 is the lowest/5 is the hardest |  |  |
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