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| --- | --- | --- | --- |
| Time | Mixed Efforts with Power Stomps | Heartrate  Zone | Power  Zone |
| 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 | 3 |
| 16-18 | Spin/Recovery | 2 | 1-2 |
| 18-20 | High Cadence 100-110 rpm | 3 | 2-3 |
| 20-22 | Low Cadence <75rpm | 3 | 3 |
| 22-24 | Spin/Recovery | 2 | 1-2 |
| 24-26 | High Cadence 100-110rpm | 3 | 2-3 |
| 26-28 | Spin/Recovery | 2 | 1-2 |
| 28-30 | Low Cadence <75rpm | 3 | 3 |
| 30-32 | Spin/Recovery | 2 | 1-3 |
| 32-35 | Power Stomp 20sec/Recovery | 3 | 7-2 |
| 35-38 | Power Stomp 20sec/Recovery | 3 | 7-2 |
| 38-41 | Power Stomp 20sec/Recovery | 3 | 7-2 |
| 41-45 | Spin High Cadence (Low Gear) | 2 | 2-3 |
| 45-50 | Climb to Finish (Alternate In/Out of Saddle) | 2-3 | 3-4 |
| 50-60 | Cool Down | 2 | 1-2 |
|  |  |  |  |
|  | |  | | --- | | 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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