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| Time | Power Stomps x 2 sets of 4 | HeartrateZone | PowerZone |
| 0-10 | Warm Up | 2 | 1-2 |
| 10-12  | High Cadence 100-110rpm | 3 | 3 |
| 12-14 | Spin/Recovery | 2 | 1-2 |
| 14-16 | Low Cadence <75rpm | 3 | 3 |
| 16-18 | Spin/Recovery | 2 | 1-2 |
| 18-21 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 21-24 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 24-27 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 27-30 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 30-32 | Spin/Recovery | 2 | 1-2 |
| 32-35 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 35-38 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 38-41 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 41-44 | Power Stomp 20secs /Recovery | 3 | 5-2 |
| 44-46 | Spin High Cadence 100-110rpm | 3 | 3 |
| 46-50 | Low Cadence/Climb to Finish | 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 so 1 is the lowest/5 is the hardest |  |  |
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