|  |  |  |  |
| --- | --- | --- | --- |
| Time | Threshold then Z3 with 10 sec Tabathas | Heartrate  Zone | Power  Zone |
| 0-10 | Warm Up | 2 | 1-2 |
| 10-13 | Threshold Z3-4 (Push/Hard) | 3-4 | 4 |
| 13-15 | Spin/Recovery | 2 | 1-2 |
| 15-21 | Z3 as 1min 90rpm /1min 110rpm | 3 | 2-3 |
| 21-25 | Spin/Recovery | 2 | 1-2 |
| 25-31 | Z3 as 1min 90rpm /1min 110rpm | 3 | 2-3 |
| 31-35 | Spin/Recovery | 2 | 1-2 |
| 35-41 | Z3 as 1min 90rpm /1min 110rpm | 3 | 2-3 |
| 41-45 | Spin/Recovery | 2 | 1-2 |
| 45-50 | Tabatha Intervals 10sec on/ 20sec off | 3-4 | 5/2 |
| 50-60 | Cool Down | 2 | 1-2 |
|  |  |  |  |
|  | Tabatha go hard for 10secs recover for 20secs repeat 10 times |  |  |
|  |  |  |  |
|  | |  | | --- | | 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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