Time	Thursday Week 7	Zone
0-10	Warm Up	2
10-13	High Cadence 100-110rpm	3
13-14	Spin/Recovery	2
14-17	Low Cadence <75rpm	3
17-18	Spin/Recovery	2
18-20	High Cadence 100-110 rpm	3
20-22	Low Cadence <75rpm	3
22-24	Spin/Recovery	2
24-27	High Cadence 100-110rpm	3
27-28	Spin/Recovery	2
28-31	Low Cadence <75rpm	3
31-32	Spin/Recovery	2
32-34	Power Stomp 20sec/Recovery	3
34-36	Power Stomp 20sec/Recovery	3
36-38	Power Stomp 20sec/Recovery	3
38-40	Power Stomp 20sec/Recovery	3
40-41	Spin/Recovery	2
41-43	Spin High Cadence (Low Gear)	2
43-50	Climb to Finish (Alternate In/Out of Saddle)	2-3
50-60	Cool Down	2