



Bike (Turbo) Duration: 1h 40m

Focus of session

To build or maintain endurance

Workout description

Warm up 5 mins, increase heart rate and effort every 2 mins.

Main

20 mins @ low end of Z2 (75-80rpm)

2 mins spin

15 mins @ mid Z2-3 (80-85rpm)

2 mins spin

10mins @ Z3 (85-90rpm)

2 mins spin

15mins @ mid Z3 (85-90rpm)

2 mins spin

20 mins @ top end Z3 (80-85rpm)

Cool-down

10 mins decrease heart rate, cadence and effort, easy spinning.