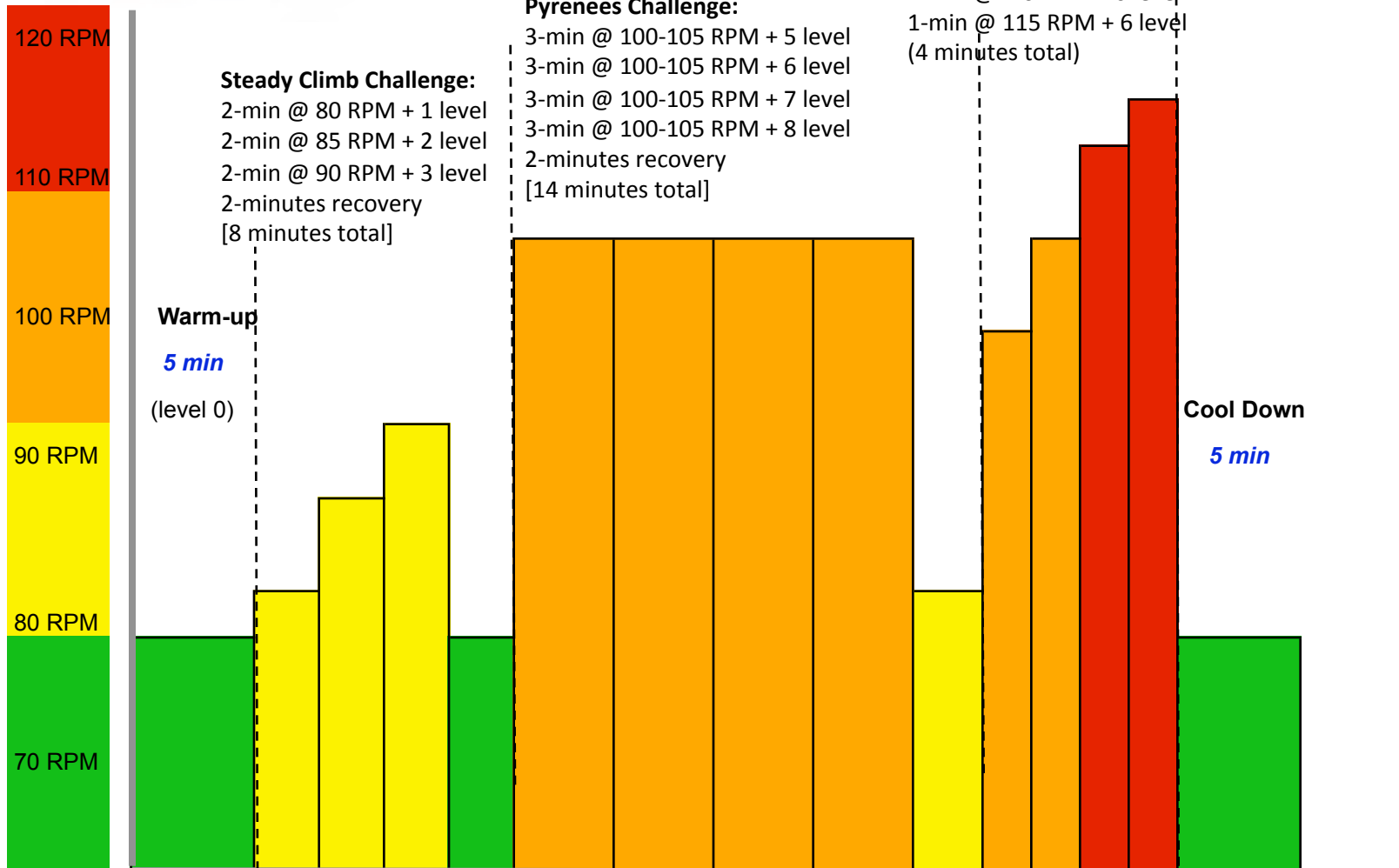




# Cycling Workout 1 - Tour de Force

## Workout Structure



<b><u>Track</u></b>	<b><u>Time</u></b>	<b><u>Description</u></b>
<b>1</b>	<b>5:27</b>	<b>Warm-Up</b>  We start off with a 5-minute warm-up at the Talk Test Pace to get your blood flowing and muscle warm.
<b>2</b>	<b>8:03:00</b>	<b>Steady Climb Challenge</b>  This progressive challenge gets you increasing your RPMs (speed) and level of resistance every 2 minutes for a total of 6 minutes.
<b>3</b>	<b>13:57</b>	<b>Pyrenees Challenge</b>  Things are getting a bit more challenging now as you will maintain the same speed (100-105 RPM) while increasing the level of resistance every 3 minutes.
<b>4</b>	<b>4:10</b>	<b>Alps Challenge</b>  Our final challenge features keeping the resistance the same while increasing your pedalling speed every minute for a total of 4 minutes.
<b>5</b>	<b>3:48</b>	<b>Cool Down</b>  You're going to need a nice and relaxed cool down after this workout so just pedal nice and easy for 5 minutes to flush out the muscles.
<b>TOTAL</b>	<b>35:25:00</b>	