



Cycling Workout 2

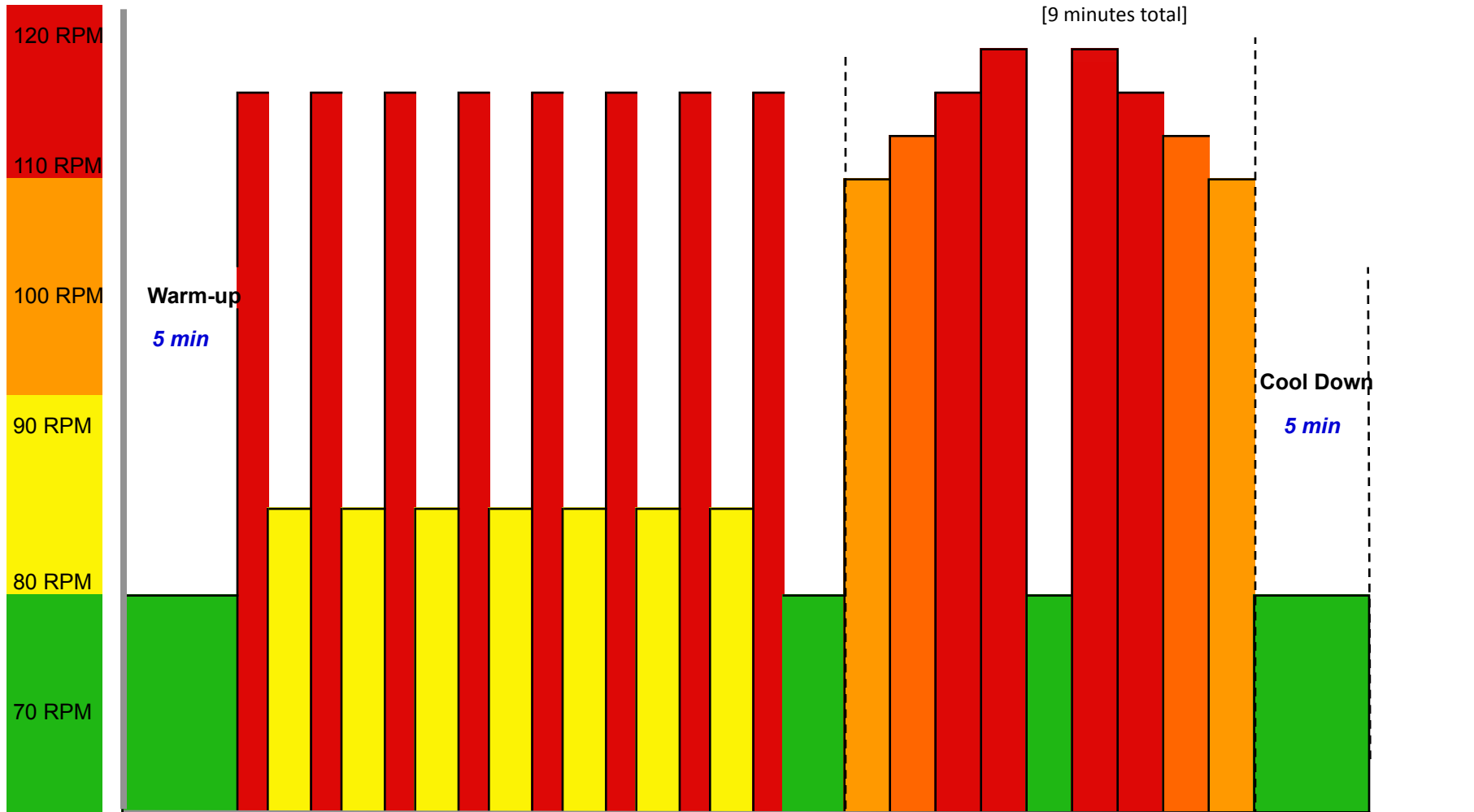
Workout Structure

Speed Challenge:

20 seconds @ 110 RPM @ level (your choice)
 40 seconds @ 80 RPM @ level (your choice)
 Repeat 8 times
 [8 minutes total]

What Goes Up Must Come Down

1 minute @ level 6 (RPM = 100-105)
 1 minute @ level 8 (RPM = 105-110)
 1 minute @ level 10 (RPM = 110-115)
 1 minute @ level 12 (RPM = 115-120)
 Recovery: 1 minute @ 65%
 1 minute @ level 12 (RPM = 115-120)
 1 minute @ level 10 (RPM = 110-115)
 1 minute @ level 8 (RPM = 105-110)
 1 minute @ level 6 (RPM = 100-105)
 [9 minutes total]



<u>Track</u>	<u>Time</u>	
1	5:00	Warm Up We begin the workout with a gentle warm up at your talk test pace.
2	9:01:00	Speed Challenge This first section features 8 intervals where you'll be working at 110 RPM for 20 seconds and recovering at 80 RPM for 40 seconds. In both cases you choose the resistance level you want to work at.
3	9:04	What Goes Up Must Come Down In this section "up and down" section, you'll be increasing the speed and resistance level each minute (for 4 minutes) up to the pinnacle where you're at level 12 and 120 RPM for 1 minute. You'll then have 1 minute to rest and then we'll repeat the same sequence - but in reverse - so that you finish off at level 6 and 100 RPM.
4	6:08	Cool Down You've worked hard and now we take it down a few notches to flush out your muscles and recover from the workout.
TOTAL	29:12:00	