

3 x 13 minute intervals, 3 minutes recovery
 1 gear harder or + 5 RPM in the yellow Minutes. Maintain cadence or gear so speed increases
 Intensity 82-89% of Max HR Zone 4
 Feel – HARD but controlled
 Cadence – Comfortable 85-95 RPM
 Recovery- Maintain cadence in an easier gear

Minute		Week 11		
Start	End	RPM	Start	End
0	1	+ 1 Gear	0	1
1	2		1	2
2	3	+ 5 RPM	2	3
3	4	+ 5 RPM	3	4
4	5		4	5
5	6	+ 1 Gear	5	6
6	7	+ 1 Gear	6	7
7	8	+ 1 Gear	7	8
8	9		8	9
9	10	+ 5 RPM	9	10
10	11	+ 5 RPM	10	11
11	12		11	12
12	13	+ 1 Gear	12	13
13	14	Recovery	13	14
14	15	Recovery	14	15
15	16	Recovery	15	16
16	17	+ 5 RPM	16	17
17	18		17	18
18	19	+ 1 Gear	18	19
19	20	+ 1 Gear	19	20
20	21		20	21
21	22	+ 5 RPM	21	22
22	23	+ 5 RPM	22	23
23	24	+ 5 RPM	23	24
24	25		24	25
25	26	+ 1 Gear	25	26
26	27	+ 1 Gear	26	27
27	28		27	28
28	29	+ 5 RPM	28	29
29	30	Recovery	29	30
30	31	Recovery	30	31
31	32	Recovery	31	32
32	33	+ 1 Gear	32	33
33	34		33	34
34	35	+ 5 RPM	34	35
35	36	+ 5 RPM	35	36
36	37		36	37
37	38	+ 1 Gear	37	38
38	39	+ 1 Gear	38	39
39	40	+ 1 Gear	39	40
40	41		40	41
41	42	+ 5 RPM	41	42
42	43	+ 5 RPM	42	43
43	44		43	44
44	45	+ 1 Gear	44	45