

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