

Strength

**Start at approx.90RPM, target HR 82-89%,
change to 1 gear harder & reduce cadence to maintain
speed/power & approx.. 5 rpm reduction**

Final minute spin at 110/120 rpm in an easy gear.
Target HR 82-89%

Minute		Week 1 (13)	Minute	
Start	End	RPM	Start	End
0	1	90 RPM	0	1
1	2	+1 Gear (85 rpm)	1	2
2	3	+1 Gear (80 rpm)	2	3
3	4		3	4
4	5	+1 Gear (75 rpm)	4	5
5	6		5	6
6	7	+1 Gear (70 rpm)	6	7
7	8		7	8
8	9	+1 Gear (65 rpm)	8	9
9	10		9	10
10	11	+1 Gear (60 rpm)	10	11
11	12		11	12
12	13	110 RPM	12	13
13	14	REST	13	14
14	15		14	15
15	16	90 RPM	15	16
16	17	+1 Gear (85 rpm)	16	17
17	18	+1 Gear (80 rpm)	17	18
18	19		18	19
19	20	+1 Gear (75 rpm)	19	20
20	21		20	21
21	22	+1 Gear (70 rpm)	21	22
22	23		22	23
23	24	+1 Gear (65 rpm)	23	24
24	25		24	25
25	26	+1 Gear (60 rpm)	25	26
26	27		26	27
27	28	120 RPM	27	28
28	29	REST	28	29
29	30		29	30
30	31	90 RPM	30	31
31	32	+1 Gear (85 rpm)	31	32
32	33	+1 Gear (80 rpm)	32	33
33	34		33	34
34	35	+1 Gear (75 rpm)	34	35
35	36		35	36
36	37	+1 Gear (70 rpm)	36	37
37	38		37	38
38	39	+1 Gear (65 rpm)	38	39
39	40		39	40
40	41	+1 Gear (60 rpm)	40	41
41	42		41	42
42	43	110 RPM	42	43
43	44	warm down	43	44
44	45		44	45
45	46		45	46