

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