

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