

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