

Overs and Unders		Effort	Cadence
Warm up	10	50%	75 - 80
Build	5	50- 80% max	
<u>Main SET 36 minutes</u>			
<u>3x 8 minutes with 4 minute recovery</u>	-		
1 min Over	1	85%	90
1 min Under	1	75%	90
1 min Over	1	85%	90
1 min Under	1	75%	90
1 min Over	1	85%	90
1 min Under	1	75%	90
1 min Over	1	85%	90
1 min Under	1	75%	90
4 min Rest Interval	4	50%	SSC
Repeat x3	24		
easy spin cool down	10	40%	70 - 80
Total	61		
High Intensity mins	12	20%	% of w/out
Medium Intensity mins	17	28%	% of w/out
Low Intensity mins	32	52%	% of w/out

