

60' pyramid @ 76-90% ftp aerobic cadenza

1:00:00
 -- km
 51 TSS



	Planned	Completed	
Duration	1:00:00		h:m:s
Distance			km
Average Speed			kph
Calories			kcal
Elevation Gain			m
TSS	51		TSS
IF	0.71		IF
Normalized Power			W
Work			kJ

Description

This ride is meant to be aerobic. Intervals are steady effort. You have some room to wiggle how hard you work too! Make sure you follow the rpm prescriptions
 Warm up for 10-15 minutes
 Main set: Intervals done at 76-90% of FTP
 Set 1: 4 x 3 min at 90-100 rpm with 1 min rest
 Set 2: 3 x 2 min @ 80 rpm with :30 rest
 Set 3: 2 x 4 min @ 70 rpm with 1 min rest
 Set 4: 4 x 1 min @ 60 rpm with :30 rest
 Cool-down/ride easy for remainder

Pre-activity comments

Workout Details

1. **Warm up**
10 min @ 55 % of FTP
2. **Repeat 4 times**
 1. **Zone 3 90-100 RPM**
3 min @ 80 % of FTP
90-100 rpm
 2. **Easy**
1 min @ 55 % of FTP
3. **Repeat 3 times**
 1. **Zone 3 80 RPM**
2 min @ 80 % of FTP
80-85 rpm
 2. **Easy**
30 sec @ 55 % of FTP
4. **Repeat 2 times**
 1. **Zone 3 70RPM**
4 min @ 80 % of FTP
70-75 rpm
 2. **Easy**
1 min @ 55 % of FTP
5. **Repeat 4 times**
 1. **Zone 3 60 RPM**
1 min @ 90 % of FTP
60-65 rpm
 2. **Easy**
30 sec @ 55 % of FTP
6. **Cool Down**
10:30 @ 55 % of FTP

	Min	Avg	Max	
Heart Rate				bpm
Power				W