

RIDE#8

4 x 7:30 with 1:30 Recovery



MACRO	TIME	RPM	EFFORT	WATTS	HR	MICRO
7:00 WARM UP	0:00	100	EZ	EZ	EZ	EZ spin to loosen legs
	2:00	65	6	>60	60%	Out of saddle/big ring starting to warm up body
	4:00	90	6	>60	60%	Back in saddle/small ring and get ready for 3 x :30 hard / :30 ez
	4:30	90+	8.5	130+	85%+	#1 go hard for :30 (begin to fire the legs)
	5:00	N/A	EZ	EZ	EZ	Recover
	5:30	90	9	130+	90%+	#2 go hard for :30
	6:00	N/A	EZ	EZ	EZ	Recover
	6:30	85	9.5	130%	95%=	#3 go hard for :30, make this the toughest of the 3 intervals
	1:30 RI	7:00 8:30	N/A			Recover for 1:30 and get ready for ride!!!
7:30 Build x 2:30	8:30	85-90	7	80%	75%	This is a clean build x 2:30, just working a little harder every 2:30. Stress stay within the zones and do NOT over work the first 2:30 or The entire interval will be too tough.
	11:00	90-95	7.5	90%	80%	
	13:30	70	8	100%	85%	
1:30 RI	16:00 17:30	N/A			Recover for 1:30	
7:30 Build x 2:30	17:30	95	7.5	85%	75-80%	Starting this slightly harder than the previous interval. Coach them to be patient and keep them focused though the last 3:00 as they begin to reach their TH.
	20:00	95	8	95%	80-85%	
	22:30	65	8.5	105%	85-90%	
1:30 RI	25:00 26:30	N/A			Recover for 1:30	
7:30 Build x 2:30	26:30	90		90%		Peppering in intervals (they should hot on these :20 and :30 efforts)
	27:12			125%		:30 Hard Push to 125% (Use gearing/resistance to reach effort)
	27:42			90%		Back to 90%
	28:26			125%		:30 Hard Push to 125% (Use gearing/resistance to reach effort)
	28:56			90%		Back to 90%
	29:00	100			100%	Step up to 100%
	29:47				140%	:20 Hard Effort to 140% (Increase RPM to reach effort)
	30:07				100%	Back to 100%
	30:49				140%	:20 Hard Effort to 140% (Increase RPM to reach effort)
	30:09				100%	Back to 100%
	31:30	75-80			110%	Step up to 110% for last 2:30
	1:30 RI	34:00 35:30	N/A			Recover for 1:30
7:30 Build x 2:30	35:30	85-90		95%		Start slightly harder than interval #3. This is the toughest one and you gotta coach them up the last 5:00 to them them tough it!
	38:00	100		105%		
	40:00	65		115%		
4:00 EZ SPIN	43:00 47:30	EZ				