

The Power of 3 - Keep it Simple and Progress							
August 2015 Week 3							
Goal 1:	Complete all intervals with an average wattage in the Aerobic Capacity Zone 6 (121-150% of Threshold)						
Goal 2:							
		Set Length	60m 0s				
Interval	Interval Length	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Goals/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	1	80-110	Start the music and forget about it.
Warm up	1m 0s	1m 0s	59m 0s	Seated	2	80-110	Add some intensity
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	60-80	Add more intensity
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	60-80	Add more intensity
Warm up	1m 0s	4m 0s	56m 0s	Seated	4	80-110	Add more intensity
4 min Maximum Sustainable Wattage Test	4m 0s	5m 0s	55m 0s	Seated	4-6	80-110	Find max sustainable wattage, hr or gear
Recovery	1m 0s	9m 0s	51m 0s	Choice	1	Choice	Recover
1 min at 140% of Maximum Sustainable Wattage	1m 0s	10m 0s	50m 0s	Seated	9-10	80-110	1 min at 140% of Maximum Sustainable Wattage
Recovery	1m 0s	11m 0s	49m 0s	Choice	1	Choice	Recover
1 min at 140% of Maximum Sustainable Wattage	1m 0s	12m 0s	48m 0s	Seated	9-10	60-80	1 min at 140% of Maximum Sustainable Wattage
Recovery	1m 0s	13m 0s	47m 0s	Choice	1	Choice	Recover
1 min at 140% of Maximum Sustainable Wattage	1m 0s	14m 0s	46m 0s	Standing	9-10	60-80	1 min at 140% of Maximum Sustainable Wattage
Recovery	1m 0s	15m 0s	45m 0s	Choice	1	Choice	Recover
3 min at 120% of Maximum Sustainable Wattage	3m 0s	16m 0s	44m 0s	Seated	9-10	80-110	3 min at 120% of Maximum Sustainable Wattage
Recovery	2m 0s	19m 0s	41m 0s	Choice	1	Choice	Recover
3 min at 120% of Maximum Sustainable Wattage	3m 0s	21m 0s	39m 0s	Seated	9-10	60-80	3 min at 120% of Maximum Sustainable Wattage
Recovery	2m 0s	24m 0s	36m 0s	Choice	1	Choice	Recover
3 min at 120% of Maximum Sustainable Wattage	3m 0s	26m 0s	34m 0s	Standing	9-10	60-80	3 min at 120% of Maximum Sustainable Wattage
Recovery	1m 0s	29m 0s	31m 0s	Choice	1	Choice	Recover
4 min Maximum Sustainable Wattage Re-Test	4m 0s	30m 0s	30m 0s	Seated	7-8	80-110	5 min at 105% of Maximum Sustainable Wattage
Recovery	1m 0s	34m 0s	26m 0s	Choice	1	Choice	Recover
2 min at 130% of Maximum Sustainable Wattage	2m 0s	35m 0s	25m 0s	Seated	9-10	60-80	2 min at 130% of Maximum Sustainable Wattage
Recovery	1m 30s	37m 0s	23m 0s	Choice	1	Choice	Recover
2 min at 130% of Maximum Sustainable Wattage	2m 0s	38m 30s	21m 30s	Seated	9-10	80-110	2 min at 130% of Maximum Sustainable Wattage
Recovery	1m 30s	40m 30s	19m 30s	Standing	1	Choice	Recover
2 min at 130% of Maximum Sustainable Wattage	2m 0s	42m 0s	18m 0s	Standing	9-10	80-110	2 min at 130% of Maximum Sustainable Wattage
Recovery	1m 30s	44m 0s	16m 0s	Standing	1	Choice	Recover
30 Sec Max Effort	0m 30s	45m 30s	14m 30s	Seated	10	80-110	Max Effort
Recovery	0m 30s	46m 0s	14m 0s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	46m 30s	13m 30s	Seated	10	80-110	Max Effort
Recovery	0m 30s	47m 0s	13m 0s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	47m 30s	12m 30s	Seated	10	80-110	Max Effort
Recovery	1m 0s	48m 0s	12m 0s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	49m 0s	11m 0s	Seated	10	60-80	Max Effort
Recovery	0m 30s	49m 30s	10m 30s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	50m 0s	10m 0s	Seated	10	60-80	Max Effort
Recovery	0m 30s	50m 30s	9m 30s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	51m 0s	9m 0s	Seated	10	60-80	Max Effort
Recovery	1m 0s	51m 30s	8m 30s	Standing	1	Choice	Recover
30 Sec Max Effort	0m 30s	52m 30s	7m 30s	Standing	10	60-80	Max Effort
Recovery	0m 30s	53m 0s	7m 0s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	53m 30s	6m 30s	Standing	10	60-80	Max Effort
Recovery	0m 30s	54m 0s	6m 0s	Choice	1	Choice	Recover
30 Sec Max Effort	0m 30s	54m 30s	5m 30s	Standing	10	60-80	Max Effort
Cool Down	5m 0s	55m 0s	5m 0s				
	Totals	60m 0s	0m 0s				