

Simple and Progress July #1										
Goal 1:	Produce a higher average wattage or heart rate as interval length shortens.									
Goal 2:	Produce similar average wattage or heart rate on intervals of similar length.									
		Set Length	60m 0s							
Interval	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE <small>(on a scale of 1-10, 5=threshold)</small>	RPM	StagesIQ Color	My Zone Color	VismoX Color	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
Recovery	1m 0s	5m 0s	55m 0s	Choice	1	Choice				Recover
4 min “Best Effort”	4m 0s	6m 0s	54m 0s	Seated	4-6	80-110				Find max sustainable wattage, hr or gear
Recovery	0m 30s	10m 0s	50m 0s	Choice	1	Choice				Recover
4 min “Same Output”	4m 0s	10m 30s	49m 30s	Seated	4-6	60-80				Match first 4 minute wattage, hr or gear
Recovery	0m 30s	14m 30s	45m 30s	Choice	1	Choice				Recover
4 min “Same Output”	4m 0s	15m 0s	45m 0s	Standing	4-6	60-80				Match first 4 minute wattage, hr or gear
Recovery	1m 0s	19m 0s	41m 0s	Choice	1	Choice				Recover
3 min “Best Effort”	3m 0s	20m 0s	40m 0s	Seated	6-7	80-110				Find max sustainable wattage, hr or gear for 3 minutes
Recovery	0m 30s	23m 0s	37m 0s	Choice	1	Choice				Recover
3 min “Same Output”	3m 0s	23m 30s	36m 30s	Seated	6-7	60-80				Match first 3 minute wattage, hr or gear
Recovery	0m 30s	26m 30s	33m 30s	Choice	1	Choice				Recover
3 min “Same Output”	3m 0s	27m 0s	33m 0s	Standing	6-7	60-80				Match first 3 minute wattage, hr or gear
Recovery	1m 0s	30m 0s	30m 0s	Choice	1	Choice				Recover
2 min “Best Effort”	2m 0s	31m 0s	29m 0s	Seated	7-8	80-110				Find max sustainable wattage, hr or gear for 2 minutes
Recovery	0m 30s	33m 0s	27m 0s	Choice	1	Choice				Recover
2 min “Same Output”	2m 0s	33m 30s	26m 30s	Seated	7-8	60-80				Match first 2 minute wattage, hr or gear
Recovery	0m 30s	35m 30s	24m 30s	Choice	1	Choice				Recover
2 min “Same Output”	2m 0s	36m 0s	24m 0s	Standing	7-8	60-80				Match first 2 minute wattage, hr or gear
Recovery	1m 0s	38m 0s	22m 0s	Choice	1	Choice				Recover
4 min “Best Effort”	4m 0s	39m 0s	21m 0s	Seated	4-6	80-110				Find max sustainable wattage, hr or gear
Recovery	0m 30s	43m 0s	17m 0s	Standing	1	Choice				Recover
3 min “Better Output”	3m 0s	43m 30s	16m 30s	Seated	6-7	80-110				Beat your 4 minute wattage, hr or gear
Recovery	0m 30s	46m 30s	13m 30s	Standing	1	Choice				Recover
2 min “Even Better Output”	2m 0s	47m 0s	13m 0s	Seated	7-8	80-110				Beat your 3 minute wattage, hr or gear
Recovery	1m 0s	49m 0s	11m 0s	Standing	1	Choice				Recover
30 Sec Max Effort	0m 30s	50m 0s	10m 0s	Seated	10	80-110				Max Effort
Recovery	1m 0s	50m 30s	9m 30s	Standing	1	Choice				Recover
30 Sec Max Effort	0m 30s	51m 30s	8m 30s	Seated	10	80-110				Max Effort
Recovery	1m 0s	52m 0s	8m 0s	Standing	1	Choice				Recover
30 Sec Max Effort	0m 30s	53m 0s	7m 0s	Seated	10	80-110				Max Effort
Recovery	1m 0s	53m 30s	6m 30s	Standing	1	Choice				Recover
30 Sec Max Effort	0m 30s	54m 30s	5m 30s	Seated	10	80-110				Max Effort
Cool Down	5m 0s	55m 0s	5m 0s	Choice	1	Choice				Recover

[illegible]