

# The Power of 3 Simple Sets for Nov #4 @ or Above Threshold

Goal 1:	"Can you increase your average wattage for every interval?"						
Goal 2:							
		Set Length	60m 0s				
Interval	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	2	80-110	
Warm up	1m 0s	1m 0s	59m 0s	Seated	2	80-110	Add a litte intensity each minute
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	60-80	Add a litte intensity each minute
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	60-80	Add a litte intensity each minute
Warm up	1m 0s	4m 0s	56m 0s	Seated	4	60-80	Add a litte intensity each minute
Recovery	1m 0s	5m 0s	55m 0s	Choice	1	Choice	
12 min “Best Effort”	12m 0s	6m 0s	54m 0s	Seated	4-6	80-110	Take note of Average Wattage, HR, Gear or Resistance.
Recovery	2m 0s	18m 0s	42m 0s	Choice	1	Choice	
8 min Ride	8m 0s	20m 0s	40m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	2m 0s	28m 0s	32m 0s	Choice	1	Choice	
6 min Ride	6m 0s	30m 0s	30m 0s	Choice	7-8	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	2m 0s	36m 0s	24m 0s	Choice	1	Choice	
2 min	2m 0s	38m 0s	22m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	40m 0s	20m 0s	Choice	1	Choice	
2 min	2m 0s	41m 0s	19m 0s	Choice	7-8	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	43m 0s	17m 0s	Choice	1	Choice	
2 min	2m 0s	44m 0s	16m 0s	Choice	8-9	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	46m 0s	14m 0s	Choice	1	Choice	
1 min	1m 0s	47m 0s	13m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	48m 0s	12m 0s	Choice	1	Choice	
1 min	1m 0s	49m 0s	11m 0s	Choice	7-8	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	50m 0s	10m 0s	Choice	1	Choice	
1 min	1m 0s	51m 0s	9m 0s	Choice	8-9	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	52m 0s	8m 0s	Choice	1	Choice	
30 sec	0m 30s	53m 0s	7m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	53m 30s	6m 30s	Choice	1	Choice	
30 sec	0m 30s	54m 0s	6m 0s	Choice	7-8	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	54m 30s	5m 30s	Choice	1	Choice	
30 sec	0m 30s	55m 0s	5m 0s	Choice	8-9	Above 60	Higher wattage, HR and/or resistance than previous interval
Cool Down	4m 30s	55m 30s	4m 30s	Choice	1	Choice	
		60m 0s	0m 0s				