

Simple and Progress Profile for May #2

“How Far Can You Go?”

Goal 1: Can you farther and/or push a higher average wattage as the intervals get shorter.

Goal 2:

		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	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	2	80-110				
Warm up	1m 0s	1m 0s	59m 0s	Seated	4	Choice				
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	Choice				
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	Choice				
Warm up	1m 0s	4m 0s	56m 0s	Standing	5	80-110				
Recovery	1m 0s	5m 0s	55m 0s	Choice	1	Choice				
5 min Interval	5m 0s	6m 0s	54m 0s	Seated	5	80-110				Remember distance and/or average wattage
Recovery	1m 0s	11m 0s	49m 0s	Choice	1	Choice				
5 min Interval	5m 0s	12m 0s	48m 0s	Mix	6	Mix				Farther distance and/or higher average wattage
Recovery	1m 0s	17m 0s	43m 0s	Choice	1	Choice				
3 Minute Interval	3m 0s	18m 0s	42m 0s	Seated	7	60-80				higher average wattage
Recovery	1m 0s	21m 0s	39m 0s	Choice	1	Choice				
2 Minute Interval	2m 0s	22m 0s	38m 0s	Standing	8	60-80				higher average wattage
Recovery	1m 0s	24m 0s	36m 0s	Choice	1	Choice				
1 Minute Interval	1m 0s	25m 0s	35m 0s	Seated	9	80-110				higher average wattage
Recovery	0m 30s	26m 0s	34m 0s	Choice	1	Choice				
1 Minute Interval	1m 0s	26m 30s	33m 30s	Seated	9	80-110				higher average wattage
Recovery	0m 30s	27m 30s	32m 30s	Choice	1	Choice				
1 Minute Interval	1m 0s	28m 0s	32m 0s	Seated	9	80-110				higher average wattage
Recovery	1m 0s	29m 0s	31m 0s	Choice	1	Choice				
5 min Interval	5m 0s	30m 0s	30m 0s	Seated	5	80-110				Remember distance and/or average wattage
Recovery	1m 0s	35m 0s	25m 0s	Choice	1	Choice				
5 min Interval	5m 0s	36m 0s	24m 0s	Mix	6	Mix				Farther distance and/or higher average wattage
Recovery	1m 0s	41m 0s	19m 0s	Choice	1	Choice				
3 Minute Interval	3m 0s	42m 0s	18m 0s	Mix	7	Mix				higher average wattage
Recovery	1m 0s	45m 0s	15m 0s	Choice	1	Choice				
1 Minute Interval	1m 0s	46m 0s	14m 0s	Seated	9	80-110				higher average wattage
Recovery	0m 30s	47m 0s	13m 0s	Choice	1	Choice				
1 Minute Interval	1m 0s	47m 30s	12m 30s	Seated	9	80-110				higher average wattage
Recovery	0m 30s	48m 30s	11m 30s	Choice	1	Choice				
1 Minute Interval	1m 0s	49m 0s	11m 0s	Seated	9	80-110				higher average wattage
Recovery	1m 0s	50m 0s	10m 0s	Choice	1	Choice				
30 Second Interval	0m 30s	51m 0s	9m 0s	Standing	10	60-80				higher average wattage
Recovery	0m 30s	51m 30s	8m 30s	Choice	1	Choice				
30 Second Interval	0m 30s	52m 0s	8m 0s	Standing	10	60-80				maintain average wattage
Recovery	0m 30s	52m 30s	7m 30s	Choice	1	Choice				
30 Second Interval	0m 30s	53m 0s	7m 0s	Standing	10	60-80				maintain average wattage
Recovery	0m 30s	53m 30s	6m 30s	Choice	1	Choice				
30 Second Interval	0m 30s	54m 0s	6m 0s	Standing	10	60-80				maintain average wattage
Recovery	0m 30s	54m 30s	5m 30s	Choice	1	Choice				
30 Second Interval	0m 30s	55m 0s	5m 0s	Standing	10	60-80				maintain average wattage
Recovery	4m 30s	55m 30s	4m 30s	Choice	1	Choice				
		60m 0s	0m 0s							