

# Simple and Progress Profile for February 2016 Week 3

## RESPECT THE ORANGE

Goal 1:	Can you Ride in the ORANGE zone?							
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	StagesIQ Color	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	1	80-110		
Warm up	1m 0s	1m 0s	59m 0s	Standing	2	60-80		Add a litte intensity each minute
Warm up	1m 0s	2m 0s	58m 0s	Seated	3	80-110		Add a litte intensity each minute
Warm up	1m 0s	3m 0s	57m 0s	Standing	4	60-80		Add a litte intensity each minute
Recovery	1m 0s	4m 0s	56m 0s	Choice	1	Choice		
3 Minute FTP Interval	3m 0s	5m 0s	55m 0s	Choice	6-7	Choice		Find Threshold
Recovery	1m 0s	8m 0s	52m 0s	Choice	1	Choice		
3 Minutes Above FTP	3m 0s	9m 0s	51m 0s	Seated	6-7	80-110		Surge into the Red Zone
12 Minute Around FTP	12m 0s	12m 0s	48m 0s	Choice	5	Choice		Ride this 25 min interval at your Threshold Intensity. Vary the RPM and Riding position but stay AT Threshold
3 Minutes Above FTP	3m 0s	24m 0s	36m 0s	Choice	8	Choice		Surge into the Red Zone
Recovery	1m 0s	27m 0s	33m 0s	Seated	2	80-110		
30 Seconds in Red	0m 30s	28m 0s	32m 0s	Seated	7	80-110		Surge into the Red Zone
2 Min in Orange	2m 0s	28m 30s	31m 30s	Seated	5	80-110		Settle in to the Orange or Threshold Zone
30 Seconds in Red	0m 30s	30m 30s	29m 30s	Seated	7	80-110		Surge into the Red Zone
1 Min in Yellow	1m 0s	31m 0s	29m 0s	Choice	4	Choice		
30 Seconds in Red	0m 30s	32m 0s	28m 0s	Seated	7	60-80		Surge into the Red Zone
2 Min in Orange	2m 0s	32m 30s	27m 30s	Seated	5	60-80		Settle in to the Orange or Threshold Zone
30 Seconds in Red	0m 30s	34m 30s	25m 30s	Seated	7	60-80		Surge into the Red Zone
1 Min in Yellow	1m 0s	35m 0s	25m 0s	Choice	4	Choice		
30 Seconds in Red	0m 30s	36m 0s	24m 0s	Standing	7	60-80		Surge into the Red Zone
2 Min in Orange	2m 0s	36m 30s	23m 30s	Seated	5	60-80		Settle in to the Orange or Threshold Zone
30 Seconds in Red	0m 30s	38m 30s	21m 30s	Standing	7	60-80		Surge into the Red Zone
1 Min in Yellow	1m 0s	39m 0s	21m 0s	Choice	4	Choice		
30 Seconds in Red	0m 30s	40m 0s	20m 0s	Standing	7	60-80		Surge into the Red Zone
2 Min in Orange	2m 0s	40m 30s	19m 30s	Standing	5	60-80		Settle in to the Orange or Threshold Zone
30 Seconds in Red	0m 30s	42m 30s	17m 30s	Standing	7	60-80		Surge into the Red Zone
1 Min in Yellow	1m 0s	43m 0s	17m 0s	Choice	2	Choice		
2 minute Interval	2m 0s	44m 0s	16m 0s	Seated	9	80-110		Ride in the RED
Recovery	1m 0s	46m 0s	14m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	47m 0s	13m 0s	Seated	9	80-110		Higher Intensity, RPE or Average Wattage than the last 2 minute interval
Recovery	1m 0s	48m 0s	12m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	49m 0s	11m 0s	Seated	9	60-80		Higher Intensity, RPE or Average Wattage than the last 1 minute interval
Recovery	1m 0s	50m 0s	10m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	51m 0s	9m 0s	Standing	9	60-80		Higher Intensity, RPE or Average Wattage than the last 1 minute interval
Recovery	1m 0s	52m 0s	8m 0s	Choice	2	Choice		

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Goal 1:	Can you Ride in the ORANGE zone?							
Goal 2:								
30 sec Interval	0m 30s	53m 0s	7m 0s	Seated	10	80-110		Higher Intensity, RPE or Average Wattage than 1 minute interval
Recovery	0m 30s	53m 30s	6m 30s	Choice	2	Choice		
30 sec Interval	0m 30s	54m 0s	6m 0s	Seated	10	60-80		Higher Intensity, RPE or Average Wattage than 30 second interval
Recovery	0m 30s	54m 30s	5m 30s	Choice	2	Choice		
30 sec Interval	0m 30s	55m 0s	5m 0s	Standing	10	60-80		Higher Intensity, RPE or Average Wattage than 30 second interval
Cool Down	4m 30s	55m 30s	4m 30s	Choice	2	Choice		
		60m 0s	0m 0s					