

Simple and Progress Profile for January 2016 Week 2

Goal 1: Can you increase intensity, RPE or average wattage as interval length decreases?								
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	Cues/Notes
Warm up	2m 0s	0m 0s	60m 0s	Seated	1	80-110		
Warm up	1m 0s	2m 0s	58m 0s	Standing	2	60-80		Add a little intensity each minute
Warm up	1m 0s	3m 0s	57m 0s	Seated	3	80-110		Add a little intensity each minute
Warm up	1m 0s	4m 0s	56m 0s	Standing	4	60-80		Add a little intensity each minute
Warm up	2m 0s	5m 0s	55m 0s	Seated	5	80-110		Add a little intensity each minute
Recovery	1m 0s	7m 0s	53m 0s	Choice	1	Choice		
Benchmark Ride	3m 0s	8m 0s	52m 0s	Seated	6	80-110		Remember Average Wattage or the RPE "feel". If using Stages IQ use the 3 minute FTP test.
Recovery	1m 0s	11m 0s	49m 0s	Seated	7	80-110		
2 minute Interval	2m 0s	12m 0s	48m 0s	Seated	8	80-110		Higher Intensity, RPE or Average Wattage than 3 minute interval
Recovery	1m 0s	14m 0s	46m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	15m 0s	45m 0s	Seated	9	80-110		Higher Intensity, RPE or Average Wattage than 2 minute interval
Recovery	1m 0s	16m 0s	44m 0s	Choice	2	Choice		
3 minute active recovery	3m 0s	17m 0s	43m 0s	Seated	3/4	80-110		Active Recovery
Recovery	1m 0s	20m 0s	40m 0s	Choice	2	Choice		
3 minute Interval	3m 0s	21m 0s	39m 0s	Seated	6	60-80		Equal to "Benchmark" intensity, RPE or Average Wattage
Recovery	1m 0s	24m 0s	36m 0s	Choice	7	Choice		
2 minute Interval	2m 0s	25m 0s	35m 0s	Seated	8	60-80		Higher Intensity, RPE or Average Wattage than 3 minute interval
Recovery	1m 0s	27m 0s	33m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	28m 0s	32m 0s	Seated	9	60-80		Higher Intensity, RPE or Average Wattage than 2 minute interval
Recovery	1m 0s	29m 0s	31m 0s	Choice	2	Choice		
3 minute active recovery	3m 0s	30m 0s	30m 0s	Seated	3/4	60-80		Active Recovery
Recovery	1m 0s	33m 0s	27m 0s	Choice	2	Choice		
3 minute Interval	3m 0s	34m 0s	26m 0s	Standing	6	60-80		Equal to "Benchmark" intensity, RPE or Average Wattage
Recovery	1m 0s	37m 0s	23m 0s	Choice	7	Choice		
2 minute Interval	2m 0s	38m 0s	22m 0s	Standing	8	60-80		Higher Intensity, RPE or Average Wattage than 3 minute interval
Recovery	1m 0s	40m 0s	20m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	41m 0s	19m 0s	Standing	9	60-80		Higher Intensity, RPE or Average Wattage than 2 minute interval
Recovery	1m 0s	42m 0s	18m 0s	Choice	2	Choice		
3 minute active recovery	3m 0s	43m 0s	17m 0s	Standing	3/4	60-80		Active Recovery
Recovery	1m 0s	46m 0s	14m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	47m 0s	13m 0s	Choice	8	Choice		High Intensity

Goal 1: Can you increase intensity, RPE or average wattage as interval length decreases?								
Goal 2:								
Recovery	0m 30s	48m 0s	12m 0s	Choice	2	Choice		
1 minute Interval	1m 0s	48m 30s	11m 30s	Choice	8	Choice		Higher Intensity
Recovery	0m 30s	49m 30s	10m 30s	Choice	2	Choice		
1 minute Interval	1m 0s	50m 0s	10m 0s	Choice	8	Choice		Max Intensity
Recovery	0m 30s	51m 0s	9m 0s	Choice	2	Choice		
30 second interval	0m 30s	51m 30s	8m 30s	Standing	10	60-80		Max effort
Recovery	0m 30s	52m 0s	8m 0s	Choice	2	Choice		
30 second interval	0m 30s	52m 30s	7m 30s	Standing	10	60-80		Max effort
Recovery	0m 30s	53m 0s	7m 0s	Choice	2	Choice		
30 second interval	0m 30s	53m 30s	6m 30s	Standing	10	60-80		Max effort
Cool Down	6m 0s	54m 0s	6m 0s	Choice	2	Choice		
		60m 0s	0m 0s					