

Simple and Progress Profile for May #1

“How Far Can You Go?”

Goal 1:	Can you farther for each of the first 3 intervals?										
Goal 2:	Can you do increase your average wattage for each of the following intervals?										
		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	Zone # (In a 7 zone system)	StagesIQ Color	MyZone Color	VismoX Color	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	2	80-110	1				
Warm up	1m 0s	1m 0s	59m 0s	Seated	4	Choice	2				
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	Choice	3				
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	Choice	4				
Warm up	1m 0s	4m 0s	56m 0s	Standing	5	80-110	4				
Recovery	1m 0s	5m 0s	55m 0s	Choice	1	Choice	1				
5 min Interval	5m 0s	6m 0s	54m 0s	Seated	5	80-110	4				Remember distance or average watts
Recovery	1m 30s	11m 0s	49m 0s	Choice	1	Choice	1				
5 min Interval	5m 0s	12m 30s	47m 30s	Mix	6	Mix	5				Farther or higher average watts than last interval
Recovery	1m 30s	17m 30s	42m 30s	Choice	1	Choice	1				
5 min Interval	5m 0s	19m 0s	41m 0s	Mix	7	Mix	5				Farther or higher average watts than last interval
Recovery	1m 0s	24m 0s	36m 0s	Choice	1	Choice	1				
3 Minute Interval	3m 0s	25m 0s	35m 0s	Seated	6	80-110	6				More average watts
Recovery	1m 0s	28m 0s	32m 0s	Choice	1	Choice	1				
2 Minute Interval	2m 0s	29m 0s	31m 0s	Seated	7	60-80	6				More average watts
Recovery	1m 0s	31m 0s	29m 0s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	32m 0s	28m 0s	Standing	8	60-80	6				More average watts
Recovery	0m 30s	33m 0s	27m 0s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	33m 30s	26m 30s	Seated	9	60-80	6				More average watts
Recovery	0m 30s	34m 30s	25m 30s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	35m 0s	25m 0s	Choice	10	Choice	6				More average watts
Recovery	1m 0s	36m 0s	24m 0s	Choice	1	Choice	1				
6 Minute Interval	6m 0s	37m 0s	23m 0s	Seated	5	80-110	4				Active Recovery
Recovery	1m 0s	43m 0s	17m 0s	Choice	1	Choice	1				
3 Minute Interval	3m 0s	44m 0s	16m 0s	Seated	6	80-110	6				Set benchmark for best 3 minutes
Recovery	1m 0s	47m 0s	13m 0s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	48m 0s	12m 0s	Seated	7	60-80	6				More average watts
Recovery	0m 30s	49m 0s	11m 0s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	49m 30s	10m 30s	Standing	8	60-80	6				More average watts
Recovery	0m 30s	50m 30s	9m 30s	Choice	1	Choice	1				
1 Minute Interval	1m 0s	51m 0s	9m 0s	Seated	8	80-110	6				More average watts
Recovery	1m 0s	52m 0s	8m 0s	Choice	1	Choice	1				
30 Second Interval	0m 30s	53m 0s	7m 0s	Standing	9	60-80	7				More average watts
Recovery	0m 30s	53m 30s	6m 30s	Choice	1	Choice	1				
30 Second Interval	0m 30s	54m 0s	6m 0s	Standing	9	60-80	7				More average watts
Recovery	0m 30s	54m 30s	5m 30s	Choice	1	Choice	1				

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30 Second Interval	0m 30s	55m 0s	5m 0s	Standing	9	60-80	7				More average watts
Recovery	4m 30s	55m 30s	4m 30s	Choice	1	Choice	1				
		60m 0s	0m 0s								