

The Power of 3 Simple Sets for Sept #4 Above Threshold

Goal 1: Increase average wattage for every interval of the workout							
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 30s	0m 0s	60m 0s	Seated	2	80-110	
Warm up	1m 0s	1m 30s	58m 30s	Seated	2	80-110	Add a little intensity each minute
Warm up	1m 0s	2m 30s	57m 30s	Standing	3	60-80	Add a little intensity each minute
Warm up	1m 0s	3m 30s	56m 30s	Seated	4	60-80	Add a little intensity each minute
15 min "Best Effort"	15m 0s	4m 30s	55m 30s	Seated	4-6	80-110	Take note of Average Wattage, HR, Gear or Resistance.
Recovery	2m 0s	19m 30s	40m 30s	Choice	1	Choice	
3 min	3m 0s	21m 30s	38m 30s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 30s	24m 30s	35m 30s	Choice	1	Choice	
3 min	3m 0s	26m 0s	34m 0s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 30s	29m 0s	31m 0s	Choice	1	Choice	
3 min	3m 0s	30m 30s	29m 30s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 25s	33m 30s	26m 30s	Choice	1	Choice	
2 min	2m 0s	34m 55s	25m 5s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	36m 55s	23m 5s	Choice	1	Choice	
2 min	2m 0s	37m 55s	22m 5s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	39m 55s	20m 5s	Choice	1	Choice	
2 min	2m 0s	40m 55s	19m 5s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	42m 55s	17m 5s	Choice	1	Choice	
45 sec	0m 45s	43m 55s	16m 5s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	44m 40s	15m 20s	Choice	1	Choice	
45 sec	0m 45s	44m 50s	15m 10s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	45m 35s	14m 25s	Choice	1	Choice	
45 sec	0m 45s	45m 45s	14m 15s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	46m 30s	13m 30s	Choice	1	Choice	
5 min 5 seconds	5m 5s	47m 0s	13m 0s	Seated	8	60-80	Change riding style with the music
Cool Down	7m 55s	52m 5s	7m 55s	Choice	1	Choice	
		60m 0s	0m 0s				

