

The Power of 3 Simple Sets for Oct #2 @ or Above Threshold

Goal 1:							
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	
2 min	2m 0s	21m 30s	38m 30s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	23m 30s	36m 30s	Choice	1	Choice	
2 min	2m 0s	24m 30s	35m 30s	Seated	7-8	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	1m 0s	26m 30s	33m 30s	Choice	1	Choice	
2 min	2m 0s	27m 30s	32m 30s	Standing	8-9	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	2m 0s	29m 30s	30m 30s	Choice	1	Choice	
10 min "Better Than Best Effort"	10m 0s	31m 30s	28m 30s	Choice	4-6	Choice	Higher wattage, HR and/or resistance than "Best Effort"
Recovery	2m 0s	41m 30s	18m 30s	Choice	1	Choice	
45 sec	0m 45s	43m 30s	16m 30s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	44m 15s	15m 45s	Choice	1	Choice	
45 sec	0m 45s	44m 25s	15m 35s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	45m 10s	14m 50s	Choice	1	Choice	
45 sec	0m 45s	45m 20s	14m 40s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	46m 5s	13m 55s	Choice	1	Choice	
5 min build wattage	5m 0s	46m 35s	13m 25s	Seated	8	60-80	Change riding style with the music
Cool Down	8m 25s	51m 35s	8m 25s	Choice	1	Choice	
		60m 0s	0m 0s				

