

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

Goal 1:	"Can you increase your average wattage for each of the long intervals and for each of the short intervals?"						
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 0s	0m 0s	60m 0s	Seated	2	80-110	
Warm up	1m 0s	1m 0s	59m 0s	Seated	2	80-110	Add a little intensity each minute
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	60-80	Add a little intensity each minute
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	60-80	Add a little intensity each minute
15 min “Best Effort”	15m 0s	4m 0s	56m 0s	Seated	4-6	80-110	Take note of Average Wattage, HR, Gear or Resistance.
Recovery	2m 0s	19m 0s	41m 0s	Choice	1	Choice	
1 min	1m 0s	21m 0s	39m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	22m 0s	38m 0s	Choice	1	Choice	
1 min	1m 0s	22m 30s	37m 30s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	23m 30s	36m 30s	Choice	1	Choice	
1 min	1m 0s	24m 0s	36m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	25m 0s	35m 0s	Choice	1	Choice	
1 min	1m 0s	25m 30s	34m 30s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	26m 30s	33m 30s	Choice	1	Choice	
1 min	1m 0s	27m 0s	33m 0s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	28m 0s	32m 0s	Choice	1	Choice	
1 min	1m 0s	28m 30s	31m 30s	Choice	6-7	Above 60	Higher wattage, HR and/or resistance than previous interval
Recovery	2m 0s	29m 30s	30m 30s	Choice	1	Choice	
12 min “Better Than Best Effort”	12m 0s	31m 30s	28m 30s	Choice	4-6	Choice	Higher wattage, HR and/or resistance than “Best Effort”
Recovery	2m 0s	43m 30s	16m 30s	Choice	1	Choice	
1 min	1m 0s	45m 30s	14m 30s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	46m 30s	13m 30s	Choice	1	Choice	
1 min	1m 0s	46m 40s	13m 20s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 10s	47m 40s	12m 20s	Choice	1	Choice	
1 min	1m 0s	47m 50s	12m 10s	Standing	6-7	60-80	Higher wattage, HR and/or resistance than previous interval
Recovery	0m 30s	48m 50s	11m 10s	Choice	1	Choice	
6 min build wattage	6m 0s	49m 20s	10m 40s	Seated	8	60-80	Change riding style with the music
Cool Down	4m 40s	55m 20s	4m 40s	Choice	1	Choice	
		60m 0s	0m 0s				

