

# The Power of 3 Simple Sets for Sept #2 Above Threshold

## 3,4,2,1,1 Tabata Three Times

Goal 1: Produce more average power as intervals get shorter

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	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	1	80-110	Start the music and forget about it.
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
Warm up	1m 0s	4m 0s	56m 0s	Seated	4	80-110	Add a little intensity each minute
5 min "Best Effort"	5m 0s	5m 0s	55m 0s	Standing	4-6	60-70	Take note of Average Wattage, HR, Gear or Resistance.
Recovery	0m 45s	10m 0s	50m 0s	Choice	1	Choice	
3 min	3m 0s	10m 45s	49m 15s	Seated	6-7	80-110	Higher wattage, HR and/or resistance than the "Best Effort" 5 minute interval
Recovery	0m 45s	13m 45s	46m 15s	Choice	1	Choice	
2 min	2m 0s	14m 30s	45m 30s	Seated	7-8	80-110	Beat your last 3 minute interval
Recovery	0m 45s	16m 30s	43m 30s	Choice	1	Choice	
1 min	1m 0s	17m 15s	42m 45s	Seated	8-9	80-110	Beat your last 2 minute interval
Recovery	0m 45s	18m 15s	41m 45s	Choice	1	Choice	
1 min	1m 0s	19m 0s	41m 0s	Seated	8-9	80-110	Beat your last 1 minute interval
Recovery	0m 45s	20m 0s	40m 0s	Choice	1	Choice	
TABATA	0m 20s	20m 45s	39m 15s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	21m 5s	38m 55s	Standing	1	Choice	Recover
TABATA	0m 20s	21m 15s	38m 45s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	21m 35s	38m 25s	Standing	1	Choice	Recover
TABATA	0m 20s	21m 45s	38m 15s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	22m 5s	37m 55s	Standing	1	Choice	Recover
TABATA	0m 20s	22m 15s	37m 45s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	22m 35s	37m 25s	Standing	1	Choice	Recover
TABATA	0m 20s	22m 45s	37m 15s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	23m 5s	36m 55s	Standing	1	Choice	Recover
TABATA	0m 20s	23m 15s	36m 45s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	23m 35s	36m 25s	Standing	1	Choice	Recover
TABATA	0m 20s	23m 45s	36m 15s	Seated	9	80-110	9 out of 10 Effort
Choice	0m 10s	24m 5s	35m 55s	Standing	1	Choice	Recover
TABATA	0m 20s	24m 15s	35m 45s	Seated	9	80-110	9 out of 10 Effort
Recovery	3m 0s	24m 35s	35m 25s	Choice	1	Choice	
3 min	3m 0s	27m 35s	32m 25s	Seated	6-7	60-80	Higher wattage, HR and/or resistance than the "Best Effort" 5 minute interval
Recovery	0m 45s	30m 35s	29m 25s	Choice	1	Choice	
2 min	2m 0s	31m 20s	28m 40s	Seated	7-8	60-80	Beat your last 3 minute interval
Recovery	0m 45s	33m 20s	26m 40s	Choice	1	Choice	
1 min	1m 0s	34m 5s	25m 55s	Seated	8-9	60-80	Beat your last 2 minute interval
Recovery	0m 45s	35m 5s	24m 55s	Choice	1	Choice	
1 min	1m 0s	35m 50s	24m 10s	Seated	8-9	60-80	Beat your last 1 minute interval
Recovery	0m 45s	36m 50s	23m 10s	Choice	1	Choice	
TABATA	0m 20s	37m 35s	22m 25s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	37m 55s	22m 5s	Standing	1	Choice	Recover
TABATA	0m 20s	38m 5s	21m 55s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	38m 25s	21m 35s	Standing	1	Choice	Recover
TABATA	0m 20s	38m 35s	21m 25s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	38m 55s	21m 5s	Standing	1	Choice	Recover
TABATA	0m 20s	39m 5s	20m 55s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	39m 25s	20m 35s	Standing	1	Choice	Recover
TABATA	0m 20s	39m 35s	20m 25s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	39m 55s	20m 5s	Standing	1	Choice	Recover
TABATA	0m 20s	40m 5s	19m 55s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	40m 25s	19m 35s	Standing	1	Choice	Recover
TABATA	0m 20s	40m 35s	19m 25s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	40m 55s	19m 5s	Standing	1	Choice	Recover
TABATA	0m 20s	41m 5s	18m 55s	Seated	9	60-80	9 out of 10 Effort
Choice	0m 10s	41m 25s	18m 35s	Standing	1	Choice	Recover
TABATA	0m 20s	41m 35s	18m 25s	Seated	9	60-80	9 out of 10 Effort
Recovery	3m 0s	41m 55s	18m 5s	Choice	1	Choice	
3 min	3m 0s	44m 55s	15m 5s	Seated	6-7	60-80	Higher wattage, HR and/or resistance than the "Best Effort" 5 minute interval
Recovery	0m 45s	47m 55s	12m 5s	Choice	1	Choice	
2 min	2m 0s	48m 40s	11m 20s	Seated	7-8	60-80	Beat your last 3 minute interval
Recovery	0m 45s	50m 40s	9m 20s	Choice	1	Choice	
1 min	1m 0s	51m 25s	8m 35s	Seated	8-9	60-80	Beat your last 2 minute interval
Recovery	0m 45s	52m 25s	7m 35s	Choice	1	Choice	
1 min	1m 0s	53m 10s	6m 50s	Seated	8-9	60-80	Beat your last 1 minute interval
Recovery	0m 45s	54m 10s	5m 50s	Choice	1	Choice	
TABATA	0m 20s	54m 55s	5m 5s	Standing	10	60-80	Max Effort
Recovery	0m 10s	55m 15s	4m 45s	Choice	1	Choice	Recover
TABATA	0m 20s	55m 25s	4m 35s	Standing	10	60-80	Max Effort
Recovery	0m 10s	55m 45s	4m 15s	Choice	1	Choice	Recover
TABATA	0m 20s	55m 55s	4m 5s	Standing	10	60-80	Max Effort
Recovery	0m 10s	56m 15s	3m 45s	Choice	1	Choice	Recover
TABATA	0m 20s	56m 25s	3m 35s	Standing	10	60-80	Max Effort
Recovery	0m 10s	56m 45s	3m 15s	Choice	1	Choice	Recover
TABATA	0m 20s	56m 55s	3m 5s	Standing	10	60-80	Max Effort
Recovery	0m 10s	57m 15s	2m 45s	Choice	1	Choice	Recover
TABATA	0m 20s	57m 25s	2m 35s	Standing	10	60-80	Max Effort
Recovery	0m 10s	57m 45s	2m 15s	Choice	1	Choice	Recover
TABATA	0m 20s	57m 55s	2m 5s	Standing	10	60-80	Max Effort
Recovery	0m 10s	58m 15s	1m 45s	Choice	1	Choice	Recover
TABATA	0m 20s	58m 25s	1m 35s	Standing	10	60-80	Max Effort
Cool Down	1m 15s	58m 45s	1m 15s	Choice			
	Totals	60m 0s	0m 0s				

