

12/22/2009	
Duration	Instructions
(min:sec)	
10:00	Warmup
1:00	One Legged Pedaling - Left
1:00	One Legged Pedaling - Right
1:00	One Legged Pedaling - Left
1:00	One Legged Pedaling - Right
2:00	Two legged warmup
2:00	Hard interval
1:00	Moderate recovery period
0:30	Hard interval
0:30	Moderate recovery period
2:00	Hard interval
1:00	Moderate recovery period
2:30	Hard interval
2:00	Moderate recovery period
1:00	Hard interval
0:30	Moderate recovery period
1:30	Hard interval
1:00	Moderate recovery period
1:30	Hard interval
2:30	Moderate recovery period
2:00	Hard interval
3:00	Moderate recovery period
1:00	Hard interval
0:30	Moderate recovery period
1:00	Hard interval
0:30	Moderate recovery period
2:30	Hard interval
2:30	Moderate recovery period
1:30	Hard interval
2:00	Moderate recovery period
1:30	Hard interval
0:30	Moderate recovery period
2:30	Hard interval
2:00	Moderate recovery period
2:00	Hard interval
2:30	Moderate recovery period
1:00	Hard interval
0:30	Moderate recovery period
0:30	Hard interval
1:00	Moderate recovery period
0:30	Hard interval
0:30	Moderate recovery period
3:00	Hard interval
5:00	Cool down

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