

Warmup:

5 min easy spin

5 min spinup 70, 80, 90, 95, 100

Main Set: Stay in Zone 1-2 for a 30 minute continuous ride with cadence work

For the 1st 5 min hold your cadence @ 80 rpm

For the 2nd 5 min hold your cadence @ 90 rpm

For the 3rd 5 min hold your cadence @ 100 rpm

Repeat x 1

Then 8 min one leggers

By

1 min Right leg at 65 rpm, 1 min together at 90 rpm

1 min Left leg at 65 rpm, 1 min together at 90 rpm

Repeat x 1

Cooldown: 5 min spindown 100, 90, 80, 70, 60