

Type of Workout: Spin Ups

Warmup:

5 min easy spin at 80 – 90 rpm zone 1 (70%)

6 min

3 x (1 min standing (min 65rpm) 1 min down (90rpm))

Main Set (44mins):

There are 4 rounds.

For round 1 start at 70rpm and increase your rpm's by 5rpm each min.

For rounds 2 through 4, start at 90rpm and end at 125.

Round 1

Rounds 2 - 4

Start @70 rpm	Start @ 90 rpm
75	95
80	100
85	105
90	110
95	115
100	120
105	125
3 min EZ spin in light gear before round 2	3 min EZ spin in light gear before next rounds

Cooldown: 5 min: Spindown 100, 90, 80, 70 to 60 drop by 10 rpm each min.