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| Type of Workout: Decreasing Intervals  Warmup:  **5 min** easy spin at 80 – 90 rpm zone 1 (70%)  **5 min** spinup from 95, 100, 105, 110, 115    **Main set:**  Choose moderate gearing while keeping your cadence set at 100 - 110rpm. Recovery time between each set is 5 mins.  3 rounds of the following:  120 sec Hard effort (110 rpm) :120 sec Easy  90 sec Hard effort (110 rpm) :90 sec Easy  60 sec Hard effort (110 rpm) :60 sec Easy  30 sec Hard effort (110 rpm) :30 sec Easy    Each set is followed by 5 mins of easy spinning  Cooldown: 5 min Spindown from 100 – 60 rpm   Focus: Fast and powerful legs.  Goal: Maintain your cadence near 100 - 110 during each interval. Listen to your thoughts as you ride today. What are you saying? If you do not like what you say, change it to something that you do like. |
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