

Type of Workout: Anaerobic Threshold test

Warm Up:

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

5 min Spin up 90, 95, 100, 105, 110

1 leggers: 2 min each leg at **60** rpm

1 min rest after each leg

2 min each leg at **50** rpm

1 min rest after each leg

5 min gradual build to 85% over the full 5 min.

Main Set: 30 min Anaerobic threshold test

Perform the test at a pace that is the fastest you feel you can sustain at a steady effort with no loss of pace for the full 30 min (tricky part). If you feel yourself slowing down then you started off too fast (pace was above your AT).

Stop the test and repeat it the following week, starting with a slower pace.

HR should stabilize in about 5min. The HR you achieved and sustained is an estimate of your AT HR

Cool Down: 5 min cooldown