

Type of Workout: Dumont

**Warmup:** 10 min

spin for 2 min at each: 60, 70, 80 ,90 ,100rpm

1 x 5 min @ 70% effort, 1min rest ( zone 1)

2 x 4min @ 75% effort, 1min rest after each (zone 2)

3 x 3min @ 80% effort, 1min rest after each (zone 3)

2 x 2min @ 85% effort, 1min rest after each (zone 4)

3 x 1min @ 90% effort. 1min rest after each (zone 5)

**Cooldown:**

5 min easy spin Zone 1 90 rpm

5 min spindown from 100 to 60rpm