

6 Min Intervals

Type of Workout: Intervals

Warmup:

Spin for 2 min at each: 60, 70, 80, 90, 100 rpm
Stand for :30 at the start of each new rpm.

Main Set:

Chose a moderate gear while keeping your cadence between 100 - 110rpm. Take one minute to build up to zone 4, then maintain this intensity for the remaining interval.

4 x (6min @ Zone 4, 4 min Very Easy 80-90rpm)

Cooldown:

5 min spindown from 100 to 60rpm