

## Tempo 3 x 10 Mins

### **Warmup:** 15 min

5 min easy spin at 70-80 rpm Zone 1

5 x ( :30 one leg :30 both legs)

5 x (:30 Stand at 65rpm, :30 sit at 100 rpm)

### **MainSet:**

3 x (10min @ Tempo effort 90 - 100 rpm / 3 min  
Easy at 85 rpm)

### **Cooldown**

5 spindown 100, 90, 80, 70, 60 rpm