

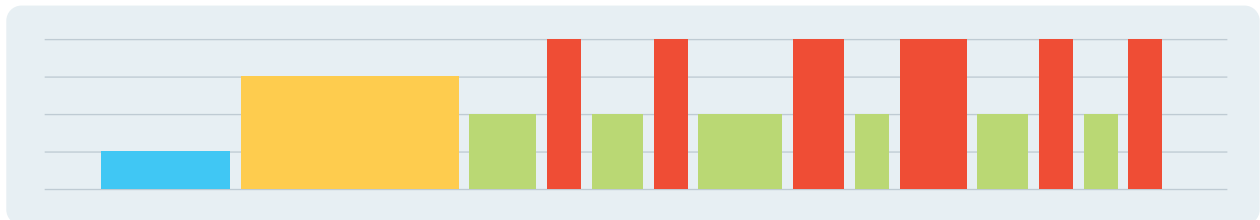


# BIKE INTERVALS

BURN THEM LEGS

13 MIN.

	TIME	INTERVAL	FTP%	RPM	POSITION
	00:00 – 01:45	105 SEC	56 – 75	FREE	SEATED
	01:45 – 05:00	195 SEC	91 – 94	FREE	STANDING
	05:00 – 06:00	60 SEC	84 – 90	FREE	SEATED
	06:00 – 06:30	30 SEC	106 – 120	ACC	SEATED
	06:30 – 07:15	45 SEC	84 – 90	FREE	SEATED
	07:15 – 07:45	30 SEC	106 – 120	ACC	SEATED
	07:15 – 08:30	75 SEC	84 – 90	FREE	SEATED
	08:30 – 09:15	45 SEC	106 – 120	ACC	SEATED
	09:15 – 09:45	30 SEC	84 – 90	FREE	SEATED
	09:45 – 10:45	60 SEC	106 – 120	ACC	SEATED
	10:45 – 11:30	45 SEC	84 – 90	FREE	SEATED
	11:30 – 12:00	30 SEC	121 – 150	ACC	SEATED
	12:00 – 12:30	30 SEC	84 – 90	FREE	SEATED
	12:30 – 13:00	30 SEC	121 – 150	ACC	SEATED



**FTP%** can be used if you use an app/a bike with built in watt figures. To be able to use this, you need to know the FTP figures. The zones were made for the same, so you will not be required to know this figure. Here, you simply work on the basis of the colours of the columns. They are there for the same reason.

**RPM** – Rounds per minute – states how many revolutions/turns you will be pedalling each minute. If, under RPM, it says ACC, this means that you must accelerate. If you are unable to measure your RPM via the app or bicycle, you will simply be cycling at your favourite pace, raising the pace through ACC (ACC is indicated as hatched areas in the bar chart).

**POSITION** indicates whether you will be in a sitting or standing position. Standing is indicated by a thin additional field/line above the column.

**ZONES** You can raise and lower intensity by means of resistance or pace/RPM (more revolutions/turns per minute).

