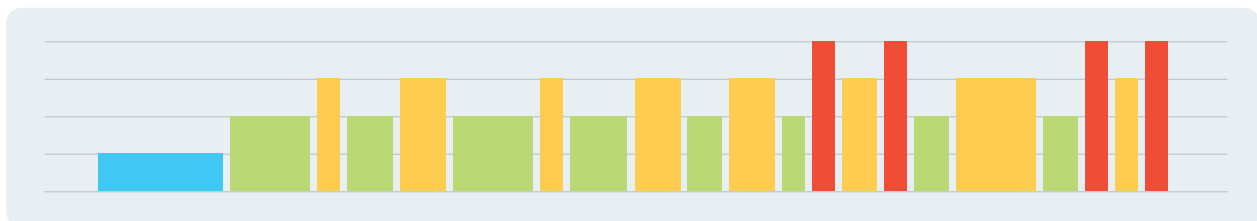


BIKE INTERVALS

WAKE THEM LEGS

20 MIN.

	TIME	INTERVAL	FTP%	RPM	POSITION
	00:00 – 02:45	165 SEC.	56 – 75	FREE	SEATED
	02:45 – 04:30	105 SEC.	76 – 83	FREE	SEATED
	04:30 – 05:00	30 SEC.	91 – 94	FREE	SEATED
	05:00 – 06:00	60 SEC.	84 – 90	FREE	SEATED
	06:00 – 07:00	60 SEC.	91 – 94	FREE	SEATED
	07:00 – 08:45	105 SEC.	76 – 83	FREE	SEATED
	08:45 – 09:15	30 SEC.	95 – 105	FREE	SEATED
	09:15 – 10:30	75 SEC.	84 – 90	FREE	SEATED
	10:30 – 11:30	60 SEC.	95 – 105	FREE	SEATED
	11:30 – 12:15	45 SEC.	84 – 90	FREE	SEATED
	12:15 – 13:15	60 SEC.	95 – 105	FREE	SEATED
	13:15 – 13:45	30 SEC.	84 – 90	FREE	SEATED
	13:45 – 14:15	30 SEC.	106 – 120	ACC	SEATED
	14:15 – 15:00	45 SEC.	95 – 105	FREE	SEATED
	15:00 – 15:30	30 SEC.	106 – 120	ACC	SEATED
	15:30 – 16:15	45 SEC.	84 – 90	FREE	SEATED
	16:15 – 18:00	105 SEC.	91 – 94	FREE	STANDING
	18:00 – 18:45	45 SEC.	84 – 90	FREE	SEATED
	18:45 – 19:15	30 SEC.	106 – 120	ACC	SEATED
	19:15 – 19:45	30 SEC.	91 – 94	FREE	SEATED
	19:45 – 20:15	30 SEC.	106 – 120	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).

