

BIKE INTERVALS

WARM UP TIME

26 MIN.

	TIME	INTERVAL	FTP%	RPM	POSITION
■	00:00 – 02:45	165 SEC.	56 – 75	FREE	SEATED
■	02:45 – 03:30	45 SEC.	76 – 90	FREE	SEATED
■	03:30 – 04:45	75 SEC.	56 – 75	FREE	SEATED
■	04:45 – 05:15	30 SEC.	76 – 90	FREE	SEATED
■	05:15 – 06:00	45 SEC.	56 – 75	FREE	SEATED
■	06:00 – 06:45	45 SEC.	76 – 90	FREE	SEATED
■	06:45 – 07:30	45 SEC.	56 – 75	FREE	SEATED
■	07:30 – 08:00	30 SEC.	76 – 90	FREE	SEATED
■	08:00 – 08:15	15 SEC.	91 – 105	FREE	SEATED
■	08:15 – 08:45	30 SEC.	56 – 75	FREE	SEATED
■	08:45 – 09:15	30 SEC.	76 – 90	FREE	SEATED
■	09:15 – 09:45	30 SEC.	91 – 105	ACC	SEATED
■	09:45 – 10:30	45 SEC.	76 – 90	FREE	SEATED
■	10:30 – 11:00	30 SEC.	91 – 105	ACC	SEATED
■	11:00 – 11:45	45 SEC.	76 – 90	FREE	SEATED
■	11:45 – 12:15	30 SEC.	91 – 105	ACC	SEATED
■	12:15 – 13:00	45 SEC.	56 – 75	FREE	SEATED
■	13:00 – 17:15	255 SEC.	76 – 90	FREE	STANDING
■	17:15 – 17:30	15 SEC.	56 – 75	FREE	SEATED
■	17:30 – 18:30	60 SEC.	91 – 105	FREE	SEATED
■	18:30 – 18:45	15 SEC.	106 – 120	ACC	SEATED
■	18:45 – 19:30	45 SEC.	91 – 105	FREE	SEATED
■	19:30 – 20:00	30 SEC.	106 – 120	ACC	SEATED
■	20:00 – 20:15	15 SEC.	91 – 105	FREE	SEATED
■	20:15 – 20:30	30 SEC.	106 – 120	ACC	SEATED
■	20:30 – 23:15	195 SEC.	76 – 90	FREE	STANDING
■	23:15 – 23:45	30 SEC.	91 – 105	FREE	SEATED
■	23:45 – 24:15	30 SEC.	106 – 120	ACC	SEATED
■	24:15 – 24:45	30 SEC.	91 – 105	FREE	SEATED
■	24:45 – 25:15	30 SEC.	106 – 120	ACC	SEATED
■	25:15 – 25:45	30 SEC.	91 – 105	FREE	SEATED
■	25:45 – 26:15	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).

