



B I K E

Building Endurance Tempo - Indoors

Session Sport: Cycling

Period: Build I - III

Session Classification: Endurance

Session Objective: Build speed and aerobic capacity

Session duration: 66 minutes

Warm-Up: 11 minutes

- 5:00 at a cadence of 80-85 rpm (RPE: 4 of 10)
- 1:00 at a cadence 110
- 5:00 at a cadence of 90-100 rpm (RPE: 5 of 10)

Main Set: 45 minutes

- 7:00 at 70-75 rpm (RPE: 7 of 10)
 - Recovery 2:00
- 9:00 at 80-85 rpm (RPE: 8 of 10)
 - Recovery 2:00
- 11:00 at 90-95 rpm (RPE: 9 of 10)
 - Recovery 2:00
- 3 x 3:00 sets at 100 – 110 rpm (RPE: 7 of 10)
 - Recover 30 seconds between each set

Cool-Down: 10 minutes

- 10:00 at a cadence of 95-105
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Notes:

Use a timing device to 'lap' each change in effort (Warm-up, each portion of main set, each surge, and the cool-down)