



INDOOR PROGRAM

2 x 20' classic

Estimated time 1h 10'

AIM

General aerobic improvement

Warm up	10 min.
"Sweet-Spot"	20 min.
Active recovery	10 min.
"Sweet-Spot"	20 min.
Cooling down	10 min.

~ **Warm up**

By warm up we mean a preparatory effort that equals about 75% of the anaerobic threshold.

~ **Sweet-Spot**

This is an intense, but not maximum, effort. For those with a heart rate monitor, it can be calculated between 85% and 90% of the anaerobic threshold, i.e. 15-20 beats less than the threshold. For those who do not use these devices, it is a fast rhythm that can be kept constant for about half an hour.

~ **Active recovery**

Recovery and cooling down are to be understood as easy pedaling.