



INDOOR SCHEDULE

Cadence

Estimated time 50'

AIM

Power shift to higher levels

Warm up	10 min.
90 rpm	3 min.
100 rpm	2 min.
110 rpm	1 min.
115 rpm	30 sec.
120 rpm	15 sec.
MAXIMUM	15 sec.
Cooling Down	2 min.
MAXIMUM	15 sec.
120 rpm	15 sec.
115 rpm	30 sec.
110 rpm	1 min.
100 rpm	2 min.
Cooling Down	2 min.
Da ripetere una seconda volta	
Cooling Down 80 - 90 rpm	10 min.

~ Warm up

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

~ Cooling down

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