



## INDOOR SCHEDULE

### **Sweetspot Intervals**

*Estimated time 51'*

AIM

**Aerobic improvement for beginners**

<b>Warm up</b>	10 min.
Sweet-Spot	5 min.
Recovery	1 min.
Sweet-Spot	5 min.
Recovery	1 min.
Sweet-Spot	3 min.
Recovery	1 min.
Sweet-Spot	3 min.
Recovery	1 min.
Sweet-Spot	3 min.
Recovery	1 min.
Sweet-Spot	3 min.
Recovery	1 min.
Sweet-Spot	3 min.
Recovery	1 min.
<b>Cooling down</b>	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.

~ **Recovery**

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