INDOOR PROGRAM

Alternated 1/3 minutes

Estimated time 49'

AIM

Neuromuscular improvement

Warm up	10 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Recovery	3 min.
Maximal	1 min.
Cooling down	10 min.

~ **Warm up**

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

~ **Recovery**

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