



INDOOR PROGRAM

20-40 Interval

Estimated time 1h 10'

AIM

Practicing maximum effort, race rhythm, power

Warm up	10 min.
Sprint	20 sec.
Recovery	40 sec.
Sprint	20 sec.
Recovery	40 sec.
Sprint	20 sec.
Recovery	40 sec.
Sprint	20 sec.
Recovery	40 sec.
Sprint	20 sec.
Recovery	40 sec.
Cooling Down	10 min.

to be repeated 4 times

~ 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.