



## INDOOR PROGRAM

### SFR

Estimated time 1h 05'

AIM

**Strenght**

<b>Warm up</b>	10 min.
50-60 rpm – top gear / maximum effort	5 min.
Recovery	3 min.
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Recovery	3 min.
50-60 rpm – top gear / maximum effort	5 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.

~ **rpm**

Rotations per minute

~ **Recovery**

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