



INDOOR PROGRAM

Pyramidal

Estimated time 1h 05'

AIM

Anaerobic improvement

Warm up	10 min.
Threshold	1 min.
Recovery	1 min.
Threshold	2 min.
Recovery	2 min.
Threshold	3 min.
Recovery	3 min.
Threshold	4 min.
Recovery	4 min.
Threshold	5 min.
Recovery	4 min.
Threshold	4 min.
Recovery	3 min.
Threshold	3 min.
Recovery	2 min.
Threshold	2 min.
Recovery	1 min.
Threshold	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.

~ **Threshold**

If you don't know your anaerobic threshold it can be summarised as the maximal effort that you can reach for 7-10' max.