



INDOOR PROGRAM

Sprint progression threshold

Estimated time 1h 20'

AIM

Race simulation

Warm up	10 min.
FIRST SESSION TO BE REPEATED 6 TIMES	
Maximum sprint	15 sec.
Recovery	45 sec.
Recupero a fine 6^a ripetizione	10 min.
SECOND SESSION TO BE REPEATED 6 TIMES	
Maximal	1 min.
Recovery	2 min.
Recupero a fine 4^a ripetizione	10 min.
THIRD SESSION TO BE REPEATED 6 TIMES	
Threshold	5 min.
Recovery	6 min.
Final 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.