



INDOOR PROGRAM

Sprint progression

Estimated time 38'

AIM

Power and aerobics

Warm up	10 min.
Sprint (52x21)	20-30 sec.
Recovery	3 min.
Sprint (52x18)	20-30 sec.
Recovery	3 min.
Sprint (52x17)	20-30 sec.
Recovery	3 min.
Sprint (52x15)	20-30 sec.
Recovery	3 min.
Sprint (52x13)	20-30 sec.
Recovery	3 min.
Sprint (52x11)	20-30 sec.
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.