



INDOOR PROGRAM

Russian Steps

Estimated time 59'

AIM

Increasing maximum effort tolerance

| | |
|-------------------------------|----------------|
| Warm up | 10 min. |
| Maximal | 15 sec. |
| Recovery | 45 sec. |
| Maximal | 30 sec. |
| Recovery | 30 sec. |
| Maximal | 45 sec. |
| Recovery | 15 sec. |
| Maximal | 60 sec. |
| Recovery | 60 sec. |
| Maximal | 45 sec. |
| Recovery | 15 sec. |
| Maximal | 30 sec. |
| Recovery | 30 sec. |
| Maximal | 15 sec. |
| Recovery | 5 min. 45.sec. |
| To be repeated 3 times | |
| Cooling down | 10 min. |

~ **Warm up**

By warm up we mean a preparatory effort that equals about 75% of the anaerobic threshold.

~ **Active recovery**

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