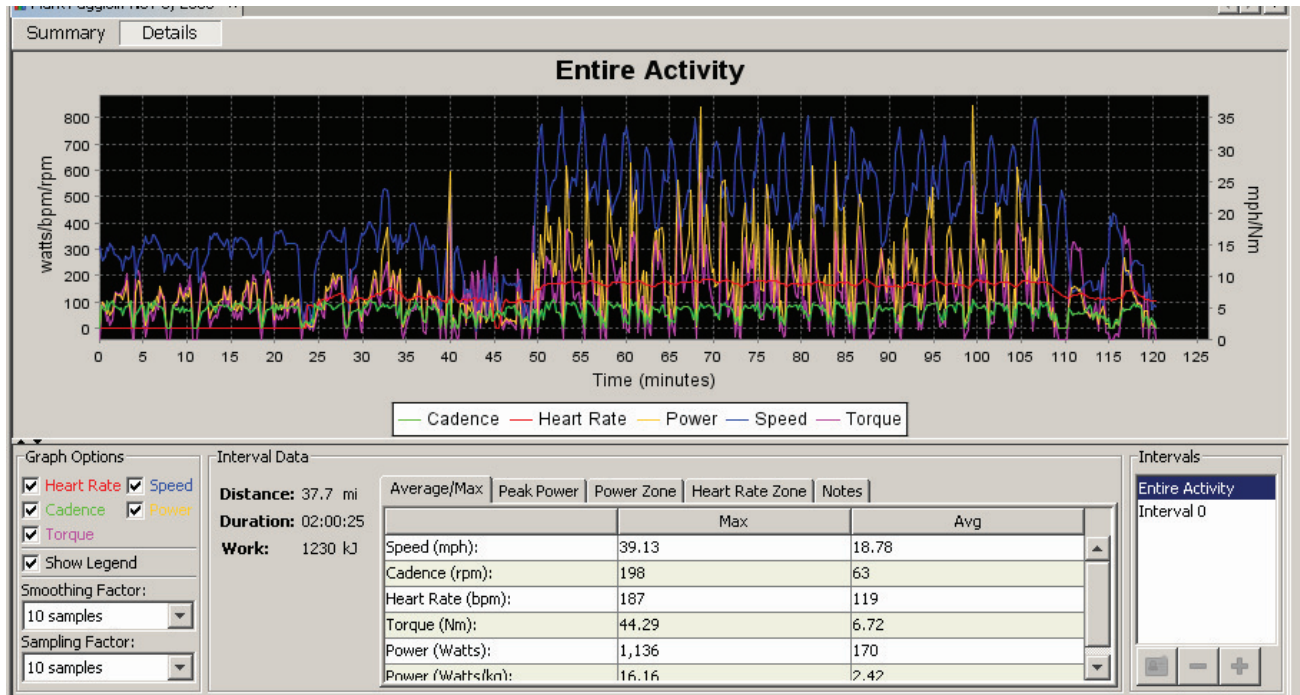


3 Minute Criterium Efforts



Workout Information

Date: Sun 03/15/2009

Name: 3 Min Crit Efforts

Description:

This session will better prepare you for crit racing. After a long warm up, do repeated efforts of appx 3:00. Begin the effort as a max effort, drifting back to Zone 2. Repeat without hesitation for as many reps as possible. When fatigue sets in, ride easy and incorporate more efforts as time permits. You are training your body to be saturated with lactic acid and then deal with it, learning to get comfortable with sustaining being uncomfortable. These short bursts will also build power and speed.

Workout Segments

Segment Number	Control Type	Control Value	Duration Type	Duration Value
1	Power Zone	Recovery	Time	0:15:00
2	Power Range	Max to 200 watts	Time	3:00
3	Target Power	200Watts	Time	
4	Power Zone	Recovery	Time	0:15:00