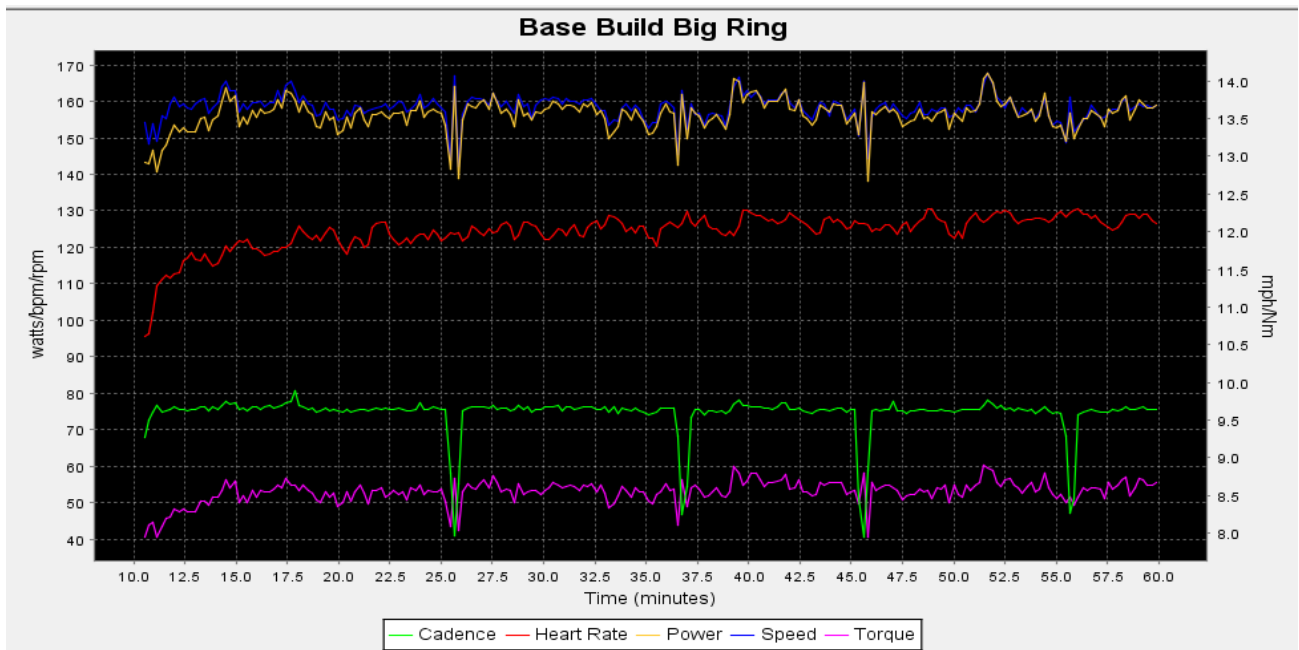
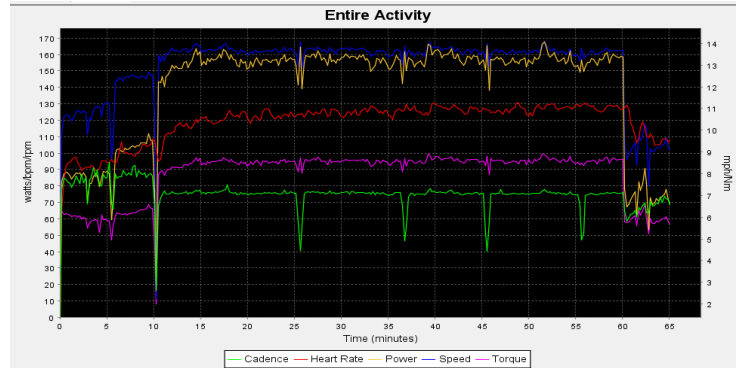


BASE BUILDING Big Ring - Base Strength

Alternated with the small ring session, again use your Metabolic VO2 Assessment to determine your true base edge, correlated to a 10 watt power range. Then, using big chain ring only, gradually bring your effort to this power base range over the course of 10min. Now hold this range in a steady state manner of uninterrupted riding, to begin the base building process. Sustain for at least 20 min, but you should increase that duration by 10% weekly, for 4-6 weeks. Thereafter, let wattage fall and recover. Using the big ring assists in developing base strength.



Graph Options

Heart Rate Speed

Cadence Power

Torque

Show Legend

Smoothing Factor:
10 samples

Sampling Factor:
10 samples

Interval Data

Distance: 11.21 mi

Duration: 00:49:18

Work: 463 kJ

Average/Max	Peak Power	Power Zone	Heart Rate Zone	Notes
		Max		Avg
Speed (mph):	14.72			13.65
Cadence (rpm):	102			75
Heart Rate (bpm):	132			125
Torque (Nm):	10.73			8.56
Power (Watts):	196			157
Power (Watts/kg):	2.88			2.3

Intervals

Entire Activity

Interval 0

Interval 1

Base Build Big Ring