

## BASE BUILDING Small Ring - Base Efficiency

These two workouts can be alternated daily, during a base building cycle. Begin with a Metabolic VO2 Assessment to determine your true base edge, correlated to a 10 watt power range. Then, using small 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 small ring assists in developing pedaling efficiency.

