

FORCE Training

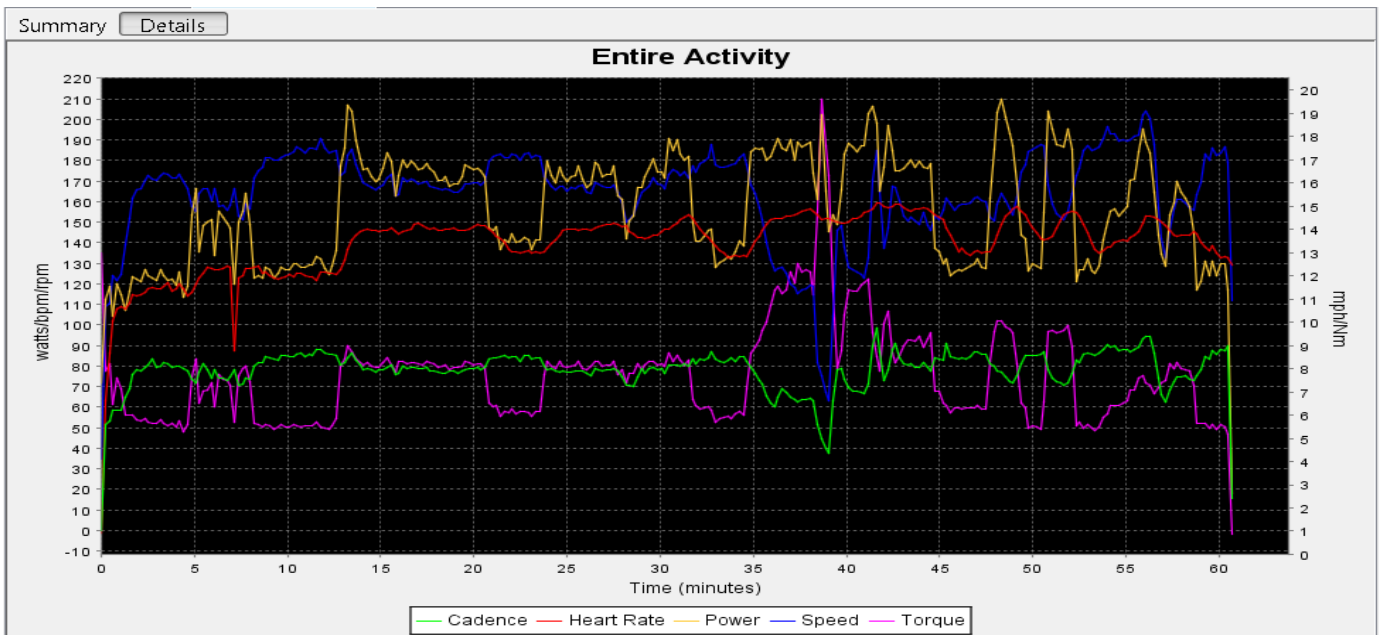
The following sessions are designed to producing more force, developing cardiovascular strength and muscular power, resulting in the ability to push more resistance for longer periods of time.

Name: 8 min

Description: Use the highest load/biggest gear, supporting strength cadences between 50-70 rpm during slope
 change rpm with the slope

Workout Segments

Segment Number	Control Type	Control Value	Duration Type	Duration Value
1	Power Zone	Recovery	Time	0:05:00
2	Slope	2%	Time	0:08:00
3	Power Zone	Endurance	Time	0:03:00
4	Slope	3%	Time	0:08:00
5	Power Zone	Endurance	Time	0:03:00
6	Power Zone	Threshold	Time	0:10:00
7	Power Zone	Endurance	Time	0:03:00
8	Slope	4%	Time	0:01:30
9	Slope	1%	Time	0:01:30
10	Slope	5%	Time	0:01:30
11	Slope	1%	Time	0:01:30
12	Power Zone	Recovery	Time	0:03:00



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