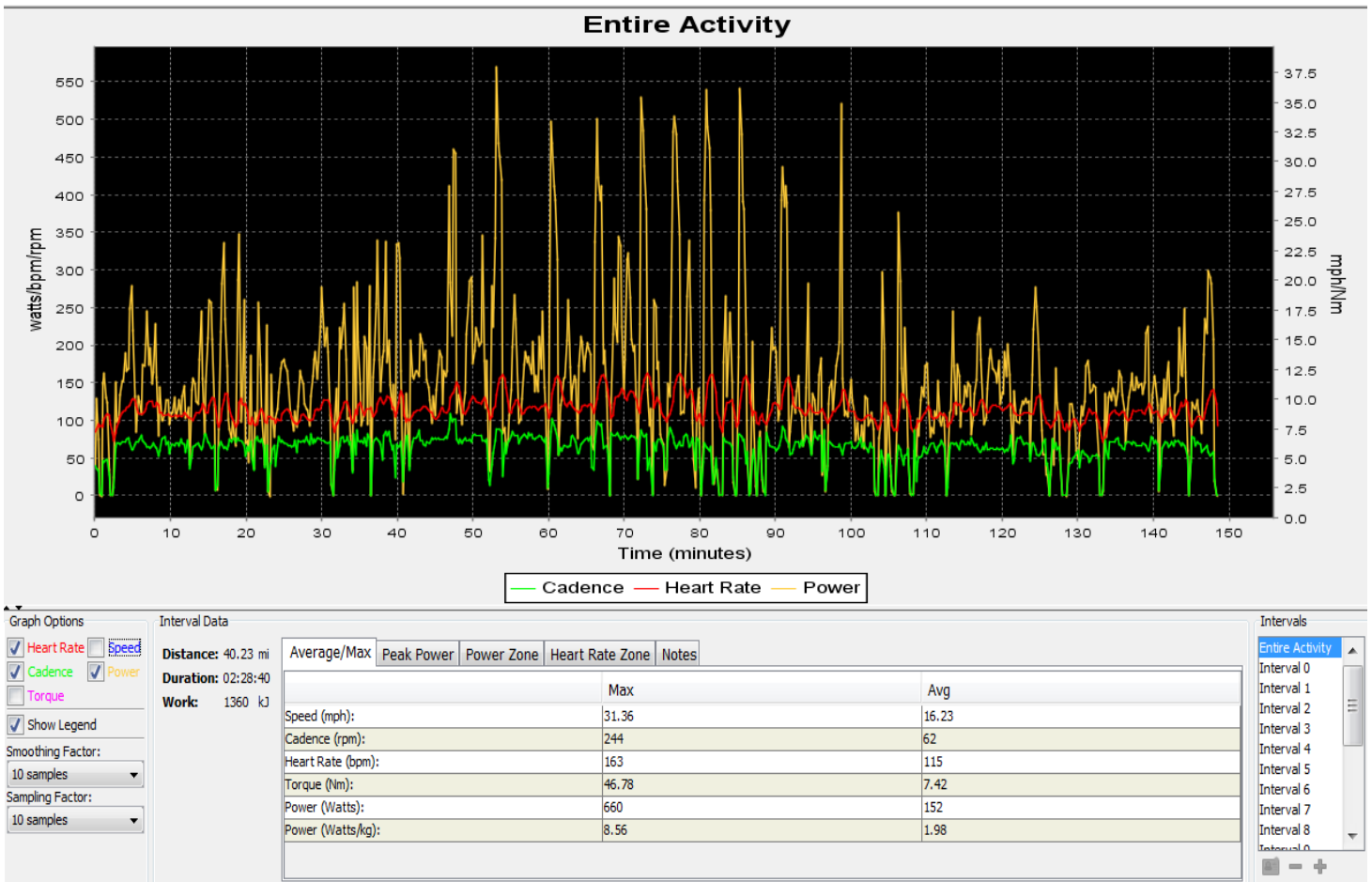


1 Min KJ Intervals - Speed

This workout is to boost speed and power. Keep an eye on your KJs when doing these efforts. After a good warm up, do a 1 min all out. Note how many KJs you did. Repeat, doing the same or more KJs during each effort. (take at least 3-5 min off in between). Continue until you can no longer do the same/more workload during the 1 min effort. At this point, ride the remaining time in Zone 1-2. You can try to do a few more periodically thereafter, should the body agree.



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