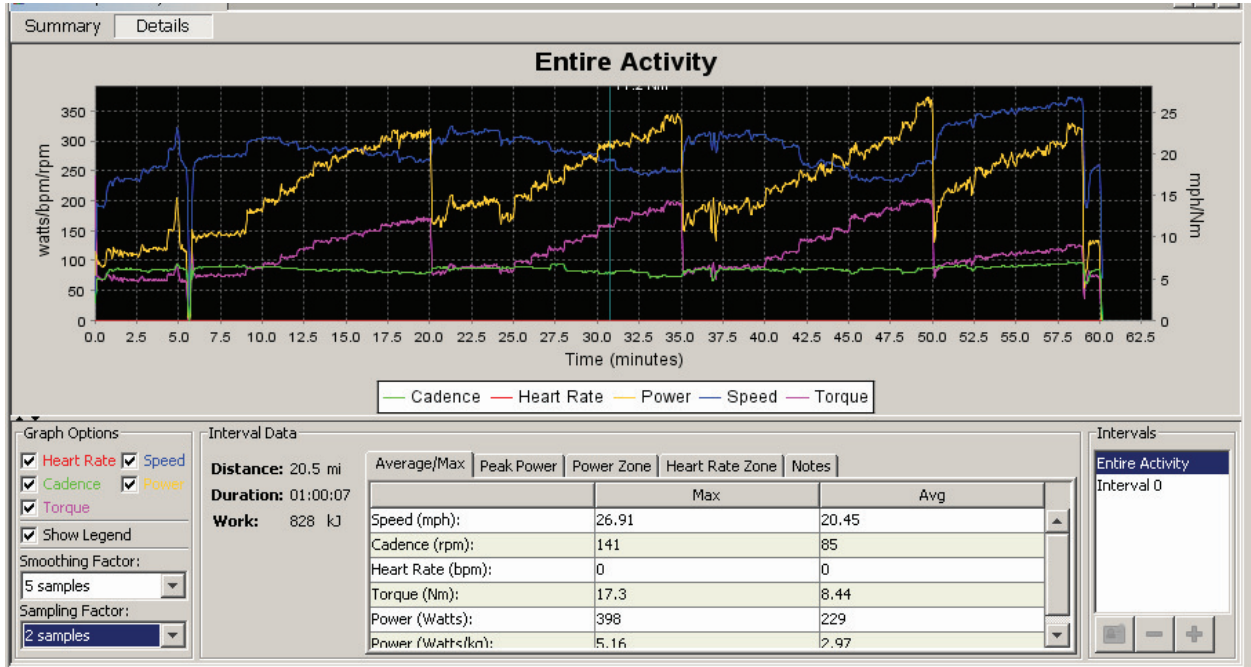


STEP UP THRESHOLD TRAINING - Indoor or Outdoor Session



Date: Sun 03/15/2009

Name: STEP UP THRESHOLD TRAINING - Indoor Trainer 60 min session

Description:

After a long warm up, STEP UP to Zone 3 over the course of 10:00, as starting out easy and every 1:00 step up pace/intensity until you have reach your goal in the 10:00 period. Then ride easy for 5:00 and repeat STEP UP again. The second time, you will step up to Zone 4 over the course of 10:00. Repeat for a third time, stepping up to Zone 5 over the 10:00 period of time. Ride remaining effort in Zone 1-2 and cool down.

Workout Segments

Segment Number	Control Type	Control Value	Duration Type	Duration Value
1	Power Zone	Recovery	Time	0:10:00
2	Power Range	175-325	Time	0:10:00
3	Power Zone	Recovery	Time	0:05:00
4	Power Range	175-375	Time	0:10:00
5	Power Zone	Recovery	Time	0:05:00
6	Power Range	175-425	Time	0:10:00
7	Power Zone	Recovery	Time	0:10:00