

Build from last week's session



Distance

Warm-up:

10

3 Min build to L1 and hold
4 Min L2
3 Min as 45 seconds Max – 15 seconds Ez
1 Min Ez

Main Set

Notes

29

1 Min @ L2 (RPE 6/7)
1 Min Ez
3 Min @ L3 (RPE 7/8)
3 Min Ez
5 Min @ L2 (RPE 6/7)
2 Min Ez
5 Min @ L3 (RPE 7/8)
3 Min Ez
3 min @ L3 (RPE 7/8)
1 Min Ez
1 Min @ L2 (RPE 6/7)

1 minute bonus rest

10 min @ L2 TT effort

54

Cool-down:

5 Min spin