

Base session

*Warm-up:*

10

3 Min build to L1 and hold  
 3 Min L2  
 3 Min as 30 seconds Max – 30 seconds Ez  
 1 Min Ez

*Main Set*

Notes

20

2 x 10 min as:

4 min L1

4 min L2

2 min L3

1-minute bonus rest

20

4 x 5 min as:

2 min L2

2 min L3

1 min Ez

1-minute bonus rest

5

5 min TT effort

60

*Cool-down:*

3 Min spin