

Escape From Alcatraz

The actual bike course is 18 mile long so the following is completed twice



Warm-up:

10	5 min spin 4 min build to L1 and hold 3 min build to L2 and hold 3 mins as: 1 min out saddle dancing - 1 min super hard - 1 min L3
----	--

Main Set

Notes

54	2 x 4 min time trial effort 2 min seated big gear (hardest gear you can push at 70rpm) 3 min out saddle dancing like Marko Pantani 2 min Ez 4 min time trial effort (you have a stunning ocean view to your right at this point) 1 min out saddle dancing 1 min EZ 3 min out saddle using a big gear 1 min Ez 3 min time trial effort (through Golden Gate park) 1 min EZ 2 min time trial effort (Golden gate bridge is to your left)	
----	--	--

Repeat

Cool-down:

69	3 min Ez
----	----------