

Bike Trainer Workout

75 minutes

15:00 Warm-up: moderate intensity, focus on a higher cadence

6:00 in Zone 3

6:00 easy spinning for recovery

2:00 in Zone 5

3:00 recovery

2:00 in Zone 5

2:00 recovery

2:00 in Zone 5

1:30 recovery

1:00 in Zone 5

10:00 recovery

5:00 in Zone 3

5:00 easy spinning for recovery

14:30 Cool-down: again moderate, maintain higher cadence