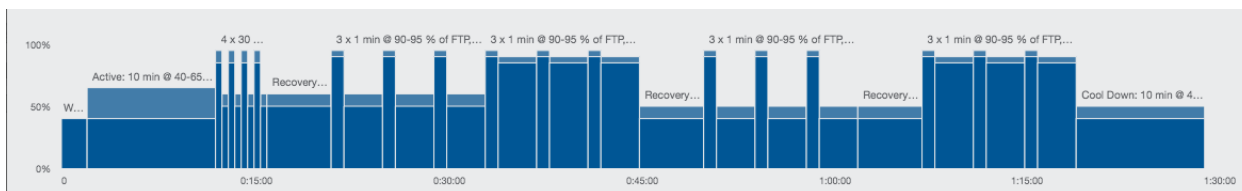


Week 18 CT Class – March 17 to 21



1. Warm up
2 min @ 120-120 W
Active Recovery
2. Active
10 min @ 120-195 W
Active Recovery-Endurance Ride
3. Repeat 4 times
 1. Hard
30 sec @ 255-285 W
Threshold Intervals
100-110 rpm
Fast legs - no bouncing!
 2. Easy
30 sec @ 150-180 W
Endurance Ride
4. Recovery
5 min @ 150-180 W
Endurance Ride
5. Repeat 3 times
 0. Hard
1 min @ 270-285 W
Threshold Intervals
 1. Easy
3 min @ 150-180 W
Endurance Ride
6. Repeat 3 times
 0. Hard
1 min @ 270-285 W
Threshold Intervals
 1. Easy
3 min @ 255-270 W
Threshold Intervals
7. Recovery
5 min @ 120-150 W
Active Recovery-Endurance Ride

8. Repeat 3 times
 0. Hard
1 min @ 270-285 W
Threshold Intervals
 1. Easy
3 min @ 120-150 W
Active Recovery-Endurance Ride
9. Recovery
5 min @ 120-150 W
Active Recovery-Endurance Ride
10. Repeat 3 times
 0. Hard
1 min @ 270-285 W
Threshold Intervals
 1. Easy
3 min @ 255-270 W
Threshold Intervals
11. Cool Down
10 min @ 120-150 W
Active Recovery-Endurance Ride