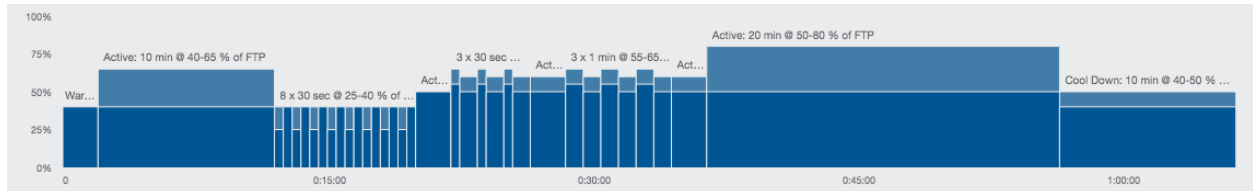


## Week 19 CT - March 24 to 27



1. Warm up  
2 min @ 120-120 W  
Active Recovery
2. Active  
10 min @ 120-195 W  
Active Recovery-Endurance Ride
3. Repeat 8 times
  1. Hard  
30 sec @ 75-120 W  
Single leg
  2. Easy  
30 sec @ 120-120 W  
Active Recovery  
both legs
4. Active  
2 min @ 150-150 W  
Endurance Ride
5. Repeat 3 times
  0. Hard  
30 sec @ 165-195 W  
Endurance Ride  
100-110 rpm  
No bouncing! Keep pressure on pedal the whole way around the pedal stroke
  1. Easy  
1 min @ 150-180 W  
Endurance Ride
6. Active  
2 min @ 150-180 W  
Endurance Ride
7. Repeat 3 times
  0. Hard  
1 min @ 165-195 W  
Endurance Ride  
50-60 rpm  
Glute activators - tight core, relaxed shoulders, drop heel
  1. Easy

1 min @ 150-180 W  
Endurance Ride

8. Active

2 min @ 150-180 W  
Endurance Ride

9. Active

20 min @ 150-240 W  
Endurance Ride-Steady State  
Go by HR - keep it <75% of max.

10. Cool Down

10 min @ 120-150 W  
**Active Recovery-Endurance Ride**