

GTN INDOOR WORKOUT – STRENGTH TRAINING

ON THE IRONMAN WORLD CHAMPIONSHIPS COURSE



		DURATION	EFFORT	%FTP	CADENCE	TIME	
	WARM UP	5:00	2-4	40-75%	90-100	0:00	Build steadily
1	INTERVAL	3:00	7	90%	90-60	5:00	Start at 90rpm, drop by one sprocket every minute. Finish around 60rpm.
	RECOVER	3:00	2	<55%	90-100	8:00	
2	INTERVAL	3:00	7	90%	90-60	11:00	Start at 90rpm, drop by one sprocket every minute. Finish around 60rpm.
	RECOVER	3:00	2	<55%	90-100	14:00	
3	INTERVAL	3:00	7	90%	90-60	17:00	Start at 90rpm, drop by one sprocket every minute. Finish around 60rpm.
	RECOVER	3:00	2	<55%	90-100	20:00	
4	INTERVAL	3:00	7	90%	90-60	23:00	Start at 90rpm, drop by one sprocket every minute. Finish around 60rpm.
	WARM DOWN	5:00	2-3	40-60%	90-100	26:00	
						<u>31:00</u>	

This workout can be found at www.youtube.com/gtn