

	Duration	Watt	HR Zone	Cadence
Warm Up				Total 10 Minutes
Warm Up	10 minutes			
Working on Stroke				Total 10 minutes
Backstroke	2 minutes		Zone 2	50 rpm
Upstroke	2 minutes		Zone 2	50 rpm
Over the Top	2 minutes		Zone 2	50 rpm
Down Stroke	2 minutes		Zone 2	50 rpm
Total Stroke	2 minutes		Zone 2	50 rpm
One Leg				Total 5 minutes
Left Leg only	30 seconds		Zone 2	70-80 rpm
Right Leg only	30 seconds		Zone 2	70-80 rpm
Left Leg only	30 seconds		Zone 2	70-80 rpm
Right Leg only	30 seconds		Zone 2	70-80 rpm
Left Leg only	30 seconds		Zone 2	70-80 rpm
Right Leg only	30 seconds		Zone 2	70-80 rpm
Left Leg only	30 seconds		Zone 2	70-80 rpm
Right Leg only	30 seconds		Zone 2	70-80 rpm
Left Leg only	30 seconds		Zone 2	70-80 rpm
Right Leg only	30 seconds		Zone 2	70-80 rpm
High Cadence				Total 10 minutes
Spin	2 minutes		Zone 2	95 rpm
Spin	1 minute		Zone 2	100 rpm
Spin	1 minute		Zone 2	105 rpm
Spin	1 minute		Zone 2	110 rpm
Spin	1 minute		Zone 2	115 rpm
Spin	1 minute		Zone 2	120 rpm
Spin	1 minute		Zone 2	125 rpm
Spin	2 minutes		Zone 2	95 rpm
Fun Time				Total 49 minutes
Hard Spin	9 minutes	280 watt	Zone 4a	95 rpm
Easy Spin	2 minutes			
Hard Spin	9 minutes	280 watt	Zone 4a	95 rpm
Easy Spin	2 minutes			
Hard Spin	9 minutes	290-300 watt	Zone 4b	95 rpm
Easy Spin	2 minutes			
Hard Spin	9 minutes	290-300 watt	Zone 4b	95 rpm
Easy Spin	2 minutes			
Hard Spin	5 minutes	300-310 watt	Zone 5a	95 rpm
500 Watt spins				Total 8 minutes
500 watt spin	20 seconds	470-530 watt	Zone 4b	
Easy Spin	1 minute 40 seconds			95 rpm
500 watt spin	20 seconds	470-530 watt	Zone 4b	
Easy Spin	1 minute 40 seconds			95 rpm
500 watt spin	20 seconds	470-530 watt	Zone 4b	
Easy Spin	1 minute 40 seconds			95 rpm
500 watt spin	20 seconds	470-530 watt	Zone 4b	
Easy Spin	1 minute 40 seconds			95 rpm
Cool Down				Total 10 Minutes
Cool down	10 minutes			