

1/30/10      3 hr workout

15 min warm up

30 min interval                      7 min just below L/T                      x 3  
3 min hard climb

5 min recovery                      easy-does-it

30 min interval                      2 min surge                      x 8  
2 min recover

5 min recovery                      just-calm-down

30 min interval                      6 min hard tempo @ 80 cadence  
1:30 min recover  
6 min hard tempo @ 90 cadence  
1:30 min recover  
6 min hard tempo @ 100 cadence  
1:30 min recover  
5 min hard tempo @ 105 cadence  
2:30 min standing climb – steep!!!

5 min recovery                      pain = speed...

33 min interval                      1 min hard tempo x 1 min recover  
2 min standing climb x 1 min recover  
3 min hard tempo x 1 min recover  
4 min hard tempo x 1 min recover  
5 seated climb (cadence 75) x 1 min recover

4 min hard tempo x 1 min recover  
3 min hard tempo x 1 min recover  
2 min standing climb x 1 min recover  
1 min sprint – all you got. . .

5 min recovery                      fight-the-leg-cramps...

10 min each leg - single-leg      alternate easy 1 min / max 1 min

2 min cool down