Bike 5 x 5 hard effort!

Warm-up: 15 minutes. Build effort and cadence

Main-set: 5 x (5:00 hard, 3:00 easy) Target rpm = 85

Hard: 100% of FTP effort. Try to hold the same average watts for all 5 intervals. If you don't have power, hold same gearing and speed. These are meant to be very hard physically and mentally!

Easy: very easy active recovery

Cool-down: light gearing, 5 minute spin-down

Courtesy of The Doctrine Training Ltd.

LYNX TRIATHLON