

The Power of 3 Simple Sets 4,3,2, Three Times.

4,3,2 Three Times (Week 1)

Goal 1: Produce a higher average wattage or heart rate as interval length shortens.

Goal 2:

		Set Length	60m 0s				
Interval	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Cues/Notes
Warm up	1m 0s	0m 0s	60m 0s	Seated	1	80-110	Start the music and forget about it.
Warm up	1m 0s	1m 0s	59m 0s	Seated	2	80-110	Add a little intensity each minute
Warm up	1m 0s	2m 0s	58m 0s	Standing	3	60-80	Add a little intensity each minute
Warm up	1m 0s	3m 0s	57m 0s	Seated	4	60-80	Add a little intensity each minute
Warm up	1m 0s	4m 0s	56m 0s	Seated	4	80-110	Add a little intensity each minute
1 min recovery	1m 0s	5m 0s	55m 0s	Choice	1	Choice	Recovery
4 min - 80-110 rpm	4m 0s	6m 0s	54m 0s	Seated	4-5	80-110	Take note of Average Wattage, HR, Gear or Resistance.
Recovery	1m 0s	10m 0s	50m 0s	Choice	1	Choice	Recovery
4 min - 80-110 rpm w/ some standing	4m 0s	11m 0s	49m 0s	Seated	4-5	80-110	Same wattage as previous 4 min interval. Seated for 45 sec standing for 15 sec, 4 times
1 min recovery	1m 0s	15m 0s	45m 0s	Choice	1	Choice	Recovery
4 min - 80-110 rpm increasing rpm	4m 0s	16m 0s	44m 0s	Seated	4-5	80-110	Same wattage as previous 4 minute interval. increase RPM each minute.
1 min recovery	1m 0s	20m 0s	40m 0s	Choice	1	Choice	Recovery
3 min - 60-80 rpm	3m 0s	21m 0s	39m 0s	Seated	5-6	60-80	Take note of Average Wattage, HR, Gear or Resistance.
1 min recovery	1m 0s	24m 0s	36m 0s	Choice	1	Choice	Recovery
3 min - 60-80 rpm w/ some standing	3m 0s	25m 0s	35m 0s	Seated	5-6	60-80	Same wattage as previous 3 min interval. Seated for 45 sec standing for 15 sec, 3 times
1 min recovery	1m 0s	28m 0s	32m 0s	Choice	1	Choice	Recovery
3 min - 60-80 rpm increasing rpm	3m 0s	29m 0s	31m 0s	Seated	5-6	60-80	Same wattage as previous 3 minute interval. increase RPM each minute.
1 min recovery	1m 0s	32m 0s	28m 0s	Choice	1	Choice	Recovery
2 min - 60-80 rpm	2m 0s	33m 0s	27m 0s	Standing	6-7	60-80	Take note of Average Wattage, HR, Gear or Resistance.
1 min recovery	1m 0s	35m 0s	25m 0s	Choice	1	Choice	Recovery
2 min - 60-80 rpm w/ some seated riding	2m 0s	36m 0s	24m 0s	Seated	6-7	60-80	Same wattage as previous 2 minute interval. Standing for 45 sec and seated for 15 sec at same rpm.
1 min recovery	1m 0s	38m 0s	22m 0s	Choice	1	Choice	Recovery
2 min - 60-80 rpm increasing rpm every 30 sec	2m 0s	39m 0s	21m 0s	Seated	6-7	60-80	Same wattage as previous 2 minute interval. increase RPM every 30 seconds.
1 min recovery	1m 0s	41m 0s	19m 0s	Choice	1	Choice	Recovery
4 min - 80-110 rpm	4m 0s	42m 0s	18m 0s	Seated	4-5	80-110	Take note of Average Wattage, HR, Gear or Resistance.
1 min recovery	1m 0s	46m 0s	14m 0s	Choice	1	Choice	Recovery
3 min - 60-80 rpm	3m 0s	47m 0s	13m 0s	Seated	5-6	60-80	Higher average wattage or HR than the 4 minute interval.
1 min recovery	1m 0s	50m 0s	10m 0s	Choice	1	Choice	Recovery
2 min - 60-80 rpm	2m 0s	51m 0s	9m 0s	Standing	6-7	60-80	Higher average wattage or HR than the 2 minute interval.
Cool Down	7m 0s	53m 0s	7m 0s	Choice	1	Choice	Recover
	Totals	60m 0s	0m 0s				

