

# Treble To The Bass

**CYCLING FUSION**  
For the love of the ride inside and out

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**Class Time: 3:05**

**Points: 13**

	<b>Z1</b>	<b>Z2</b>	<b>Z3</b>	<b>Z4</b>	<b>Z5</b>
(points)	1	1	1	10	0
(minutes)	0.4	0.2	0.2	2.3	0.0
(time %)	12%	5%	6%	75%	0%



Conditioning

## 1. (3:05)

Treble to the Bass (Lov3) [feat. Shimmr] - Swanky Tunes

**0:00: Strength Work 64 Watts=Wt**

Zone: 4 Cadence: 64-64 rpm Power: 1.0-1.5 watts/lb RPE: 7

**0:52: Come up Build**

Zone: 4 Cadence: 65-75 rpm Power: 1.0-1.5 watts/lb RPE: 7

**0:59: Add 1 climb it out**

Zone: 4 Cadence: 64-64 rpm Power: 1.0-1.5 watts/lb RPE: 7

**1:29: Drop 1 come down**

Zone: 4 Cadence: 64-64 rpm Power: 1.0-1.5 watts/lb RPE: 7

**2:22: Come up Build**

Zone: H4 Cadence: 65-75 rpm Power: 1.0-1.5 watts/lb RPE: 7

**2:29: Add 1 climb it out**

Zone: H4 Cadence: 64-64 rpm Power: 1.0-1.5 watts/lb RPE: 7

**3:00: End work**

Zone: H4 Cadence: 64-64 rpm Power: 1.0-1.5 watts/lb RPE: 7