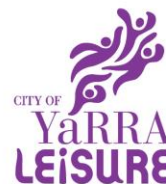


ERGO

Session Plan



INVOLVE CONNECT ENJOY

Warm Up

15 min building to threshold,
2-3 min recovery

Main Set

5 x 5 min just above threshold (110% FTP/ or 8.5/10 RPE)
5 min recovery between efforts

w/d 5 min

Warm Up

15 min building to threshold,
2-3 min recovery

(3 x 3 min VO2 efforts (115% FTP or 9+/10 RPE) 3 min recovery)
x 3

6 min recovery after every 3rd effort

In total 9 x 3 min efforts

use last 6 min recovery as warm down