**Warm Up:**

1. 15 minutes building from 160 to 195 Watts
2. Build 1

2 min @ 195-221 W

Zone 1

1. Build 2

2 min @ 221-247 W

Zone 2

1. Build 3

2 min @ 247-273 W

Zone 3-4

**Main Set:**

1. 4x45sec @ 285 watts and 95 rpm followed by 1:15min easy

Zone 4 followed by zone 1

1. 4x4min @ 280 watts and 95 rpm followed by 2min easy.

Zone 4 followed by zone 1

1. 3-5min steady @ 180 watts and 95 rpm

Zone 1

4x120sec @ 290 watts and 95 rpm followed by 1min easy. Z

Zone 4 followed by zone 1

**Cool Down:**

 10min easy descending from 140 to 100W

**Note:** *This workout is based ona Functional Threshold Power (FTP) of 265W. If you don’t know yours, simply use which ‘zone’ is indicated as:*

1 = easy

2 = moderate

3 = hard

4 = threshold