

the fierce 45

bike interval workout

Start with an easy 10 minute warm-up to prepare your muscles for action. Then do 3 sets of the first set of intervals, 3 sets of the second set, and finish with an easy cool-down.

	RPE
10 min warmup - RPM at 90-95, repeat 2x:	4-6
2 mins: easy gear	
2 mins: add 1 gear	
1 min: add 1 gear	
STRENGTH FOCUS - 3x:	
1 min: big gear, moderately hard at 85 RPM	7.5
1 min: add a gear, keep 85 RPM	8
1 min: add a gear, keep 75-80RPM	8
1 min: hold the gear, ride at 85RPM or better	8.5
1 min recovery: easy gear	6
SPEED FOCUS - 3x:	
1 min: moderate gear, 95 RPM	7.5
1 min: hold gear, ride at 105 RPM	8.5
1 min: add a gear, 100 RPM	8
1 min: hold the gear, ride at 110 RPM or better	9
1 min recovery: Easy gear	6
5 mins cool-down: easy gear	
	Total: 45 mins