**12/5/20 DTC Zoom Workout**

**A and B Workouts (90 minutes and 60 minutes):**

*All times in min:sec, so 2:30 means 2 minutes and 30 seconds*

**Set 1 - Warm up and Pre Set (15:00)**

5:00 ez spin

5 x :30 bigger gear, low lactate threshold (LT) pace
2:00 Spin Ups as (:10 fast spin 110+ rpm, :10 very ez)
3:00 ez

**Set 2 – 1 minute intervals (20:00)**

10 x (either 1:00 Threshold pace or 1:00 big gear high aerobic/steady pace or 100-120 rpm small gear fast cadence)

1:00 very ez spin between each effort

**Set 3 - Recovery (5:00)**

5:00 EZ spin, keep legs moving

**Set 4 – Strength + Endurance (45:00) – *A do 2 reps, B do 1 rep then cool down***

1 or 2 x (20:00 continuous as: 10:00 big gear climb lo rpm, 5:00 at 90 rpm same power/HR, 3:00 big gear climb, 2:00 at 90 rpm same power/HR)

5 min ez spin between reps

**Set 5 – Cool down**

5 min ez spin