

Distance + Intensity

Terrible Tuesday

Warm-Up

- Whatever you want until 6:10. Then. We ride.

In the spirit of pacing longer distances, the following set is meant to push your baseline amount of intensity. If you don't make an interval, skip 50-100, then jump back in.

Distance + Intensity Test Set

2x 300s Pull	on 3:45/4:00/4:14
4x 200s Descend 1-4	on 3:00/3:15/3:30
4x 200s Fast	on 2:45/3:00/3:15
8x 100s Fast	on 1:25/1:40/1:55
	(3000)

Warm Down :)