

# Indoor Cycling Workout

	Duration	RPM	Resistance and Notes
Warm Up	0:00-5:00	70-90	Very light to start, add resistance every couple minutes
Warm Up	5:00-10:00 (:30 jog out of saddle/:30 recover in saddle)	70-90	Add resistance when out of saddle, take it off during recover in saddle
Interval #1	10:00-15:00 (2:00 hard/3:00 recovery)	60-70	Heavy resistance. The “hard” interval can be either in or out of saddle
Interval #2	15:00-20:00 (3:00 hard/2:00 recovery)	60-70	Heavy resistance. The “hard” interval can be either in or out of saddle
Interval #3	20:00-25:00 (4:00 hard/1:00 recovery)	60-70	Heavy resistance. The “hard” interval can be either in or out of saddle
Interval #4	25:00-30:00 (:30 hard/:30 recovery)	70-100	Moderate resistance. The “hard” interval can be either in or out of saddle
Interval #5	30:00-35:00 (2:00 hard/3:00 recovery)	80-110	Moderate resistance. The “hard” interval should e done in the saddle.
Interval #6	35:00-40:00 (3:00 hard/2:00 recovery)	80-110	Moderate resistance. The “hard” interval should e done in the saddle.
Interval #7	40:00-45:00 (4:00 hard/1:00 recovery)	80-110	Moderate resistance. The “hard” interval should e done in the saddle.
Interval #8	45:00-50:00 (:15 hard/:15 recovery)	70-100	Moderate resistance. The “hard” interval can be either in or out of saddle
Cooldown	50:00-55:00	70-90	Decrease resistance every couple minutes until it is very light