

Stage	Duration	Zone	Technique
Warm-Up	3 minutes	Easy-Med	60-100 RPM Resistance is light
1	3 minutes	Med	80-100 RPM: Add little resistance
2	6 minutes	Med-Hard	60-80 RPM Add resistance every 1 min
3	2 minutes	Med	80-100 RPM: Remove resistance
4	4 minutes	Hard-Breathless	70-90 RPM: Add resistance Alternate 45 sec hard; 15 sec medium: 4x
5	1 minute	Med	80-100 RPM: Remove resistance
6	3 minutes	Hard	60-80 RPM: Add resistance to simulate incline Alternate 30 sec seated / 30 sec standing: 3x
7	1 minute	Med	80-100 RPM: Remove resistance
8	6 minutes	Hard-Breathless	70-90 RPM: Add resistance 20 sec hard/40 sec mod - 2x; 30 sec hard/ 30 sec mod - 2x; 40 sec hard/20 sec mod
Cool Down	5 minutes	Med--Easy	80-100 RPM: Remove resistance