

Ron's Computrainer workout #1

% based off your average wattage for 10Km Rolling TT
See: Wattage Chart for %

----- START -----

6 minutes of easy spinning

3 Sets:

2 min. @ 10% BELOW (_____) average watts for 10Km TT
1 min. @ 10% ABOVE (_____) average watts for 10Km TT

----- @ 15 minute mark -----

6 minutes of easy spinning

3 Sets:

2 min. @ 10% BELOW (_____) average watts for 10Km TT
1 min. @ 15% ABOVE (_____) average watts for 10Km TT

----- @ 30 minute mark -----

6 minutes of easy spinning

3 Sets:

2 min. @ 10% BELOW (_____) average watts for 10Km TT
1 min. @ 20% ABOVE (_____) average watts for 10Km TT

----- @ 45 minute mark -----

15 minutes of easy spinning

