

Ron's Computrainer workout #2

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

----- **START** -----

10 minutes of easy spinning
5 min. @ 15% above (_____) average watts for 10Km TT

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

10 minutes of easy spinning
5 min. @ 15% above (_____) average watts for 10Km TT

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

10 minutes of easy spinning
5 min. @ 15% above (_____) average watts for 10Km TT

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

10 minutes of easy spinning
5 min. @ 15% above (_____) average watts for 10Km TT

----- **@ 60 minute mark** -----

10 minutes of easy spinning