

Ron's Computrainer workout #3

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

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

5 minutes of easy spinning

3 Sets:

1 min @ 25% above (____) average watts for 10Km TT

2 minutes of easy spinning

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

5 minutes of easy spinning

3 Sets:

1 min @ 30% above (____) average watts for 10Km TT

2 minutes of easy spinning

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

5 minutes of easy spinning

3 Sets:

1 min @ 35% above (____) average watts for 10Km TT

2 minutes of easy spinning

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

One more set or 15 minutes of easy spinning