

Ron's Computrainer workout #4

5 minutes of easy spinning

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

15 sec SPRINT / 15 sec of easy spinning

30 sec SPRINT / 30 sec of easy spinning

45 sec Hi-Cadence / 45 sec of easy spinning

60 sec Hi-Cadence / 60 sec of easy spinning

90 sec Hi-Cadence / 90 sec of easy spinning

7 minutes of easy spinning

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

15 sec SPRINT / 15 sec of easy spinning

30 sec SPRINT / 30 sec of easy spinning

45 sec Hi-Cadence / 45 sec of easy spinning

60 sec Hi-Cadence / 60 sec of easy spinning

90 sec Hi-Cadence / 90 sec of easy spinning

7 minutes of easy spinning

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

15 sec SPRINT / 15 sec of easy spinning

30 sec SPRINT / 30 sec of easy spinning

45 sec Hi-Cadence / 45 sec of easy spinning

60 sec Hi-Cadence / 60 sec of easy spinning

90 sec Hi-Cadence / 90 sec of easy spinning

7 minutes of easy spinning

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

15 sec SPRINT / 15 sec of easy spinning

30 sec SPRINT / 30 sec of easy spinning

45 sec Hi-Cadence / 45 sec of easy spinning

60 sec Hi-Cadence / 60 sec of easy spinning

90 sec Hi-Cadence / 90 sec of easy spinning

7 minutes of easy spinning