

PCC- Advanced Aerobic Base Building plus intervals

Warmup-7 mins-

All one minute long- base gear

70-80,75-85,80-90. all 90

Add one gear-repeat above

No recovery

Stage 1- Base gear plus 1

5 minutes- 90 Rpm

1:30 min- 80 Rpm

4 min- 90 Rpm

1:15 min- 80 Rpm

3min- 90 Rpm

1:00 min- 80 rpm

2 min- 90 Rpm

30 sec at 80 Rpm

1 minute at 90 Rpm- Remember Power number or Heart rate for the next Stage

Recover- 2 min

Stage 2-Intervals -10 minutes

Begin with Stage 1 power number or the last heart rate number to begin Stage 2

80 Rpm with power number or heart rate

50 sec at 80/10 seconds at 90

45 sec at 80/ 15 seconds 90

40 sec at 80/20 seconds at 90

35 sec at 80/25 sec at 90

30 sec at 80/30 secs at 90

25 sec at 80/35 secs at 90

20 secs at 80/40 sec at 90

15 secs at 80/45 secs at 90
10 secs at 80/50 secs at 90
5 secs at 80/55 secs at 0

RECOVER!!