

Dec 3rd Long Spin

Description	Time	Zone	Cadence	Time Elapsed				
Warm Up	15			15				
Spin Ups								
Down	:30							
Up	:10							
Down	:30							
Up	:10							
Down	:30							
Up	:10							
Down	:30							
Up	:10							
Down	:30							
Up	:10							
Down	:30							
Up	:10							
Down	:30							
Up	:10	19						
Zone 3	10m			29				
Long Hill 2								
Standing	3	Zone 3	65					
Seated Climb	2	Zone 3	65					
Quick Downhill	0.5	zone 2	120					
Standing	3	Zone 3	65					
Seated Climb	2	Zone 3	65					
Quick Downhill	0.5		120					
Standing	3	Zone 3	65					
Seated Climb	2	Zone 3	65	46				
Zone 3	10 Minutes							
Long Hill 1								
Seated Climb	3	Zone 3	70					
Spin Up hill	3	Still Zone 3	110					
Quick Downhill	30		120					
Seated Climb	3	Zone 3	70					
Spin Up hill	3	Zone 3	110					

Description	Time	Zone	Cadence	Time Elapsed				
Quick Downhill	30		120					
Seated Climb	3	Zone 3	70					
Spin Up hill	3	Zone 3	120					
Quick Downhill	30		120	64				
ZONE 3	10 Minutes							
4x								
Punches								
	:15	Zone 6						
	:30	Zone 3						
	:30	Off						
Cool Down 10 Minutes								

Need to Talk About:

- Premise of Spinning
 - Short Targeted Intervals
 - Work at your own pace
 - Don't Worry about hte guy next to you
 - Bring a HR Monitor
- HR Zones
 - HR Monitor
 - Conconi Test and Anaerobic Threshold
 - Percieved Exertion
 - Very accurate predictor
 - Power Meter
 - Need FTP (20 Minute)
- Macro Plan
- Spin Sessions Per Week
- What You need to Bring