



Saddle Up

Warm Up 2' Moderate spin

1. 15' Block (Out of saddle for Hard Efforts)

30" Hard Effort : 90" Easy Effort

60" Hard Effort : 60" Easy Effort

45" Hard Effort : 45" Easy Effort

90" Hard Effort : 30" Easy Effort

90" Hard Effort : 30" Easy Effort

45" Hard Effort : 45" Easy Effort

60" Hard Effort : 60" Easy Effort

30" Hard Effort : 90" Easy Effort

1' Easy Effort

2. 7' Block (Out of saddle for Hard Efforts)

6 x 30" Hard Effort : 30" Easy Effort

1' Easy Effort

3. 6' Block (Out of saddle for Hard Efforts)

3 x 90" Hard Effort : 30" Easy Effort

4. 5' Block (Out of saddle for Hard Efforts)

6 x 20" Hard Effort : 20" Easy Effort

1' Easy Effort

5. 7' Block (Out of saddle for Hard Efforts)

2 x 90" Hard Effort : 30" Easy Effort

3' Easy Effort

Session = 42'

