



Saddle Work – 20'

1. Warm Up 2' Moderate Effort
2. 2x 45" Hard Effort Out Of The Saddle : 15" Easy
3. Easy 1'
4. 4x 20" Hard Effort Out Of The Saddle : 10" Easy
5. 1' Hard Effort
6. 4x 90" Moderate Effort : 30" Easy Effort : 1' Sprint

Session = 20'

