

## Overview of Ride Day

[Click here to view the full ride plan](#)



The ride consists of 45 minutes of interval training, followed by 15 minutes of steady state riding. The interval training is designed to improve your cardiovascular fitness and your ability to sustain a high power output for a longer period of time.

### Interval Training - Back to the Front!

The interval training is designed to improve your cardiovascular fitness and your ability to sustain a high power output for a longer period of time. The interval training is designed to improve your cardiovascular fitness and your ability to sustain a high power output for a longer period of time.

The ride is designed to be a fun and challenging experience.

### Ride Day - The Beginning

The ride begins with a 15-minute warm-up, followed by a 15-minute interval training session. The interval training is designed to improve your cardiovascular fitness and your ability to sustain a high power output for a longer period of time.

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### Ride Day - The End

The ride ends with a 15-minute cool-down, followed by a 15-minute interval training session. The interval training is designed to improve your cardiovascular fitness and your ability to sustain a high power output for a longer period of time.

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