

# aerobico lungo + cadenza %HR

1:39:20  
-- km  
75 TSS



	Planned	Completed	
Duration	1:39:20		h:m:s
Distance			km
Average Speed			kph
Calories			kcal
Elevation Gain			m
TSS	75		TSS
IF	0.64		IF
Normalized Power			W
Work			kJ

## Description

### Pre-activity comments

### Workout Details

- W.U.**  
10 min @ 51 % of Maximum Heart Rate  
inserire 8x10" max RPM 50"rec
- Repeat 8 times**
  - Hard**  
10 sec @ 72 % of Maximum Heart Rate  
150-160 rpm
  - Easy**  
3 min @ 47 % of Maximum Heart Rate
- Repeat 6 times**
  - AEM-Alto**  
3 min @ 71 % of Maximum Heart Rate  
80-90 rpm
  - Intervalo INTENSO**  
2 min @ 78 % of Maximum Heart Rate  
90-100 rpm
  - AEM-AEL**  
4 min @ 63 % of Maximum Heart Rate  
80-85 rpm
- Lavoro di cadenza**  
8 min @ 64 % of Maximum Heart Rate  
95-100 rpm
- Cool Down**  
2 min @ 38 % of Maximum Heart Rate

	Min	Avg	Max	
Heart Rate				bpm
Power				W

## Tags