



## Devices



Kickr

## Workouts



Manual Erg Mode

Manual Slope Mode

100 105 120 CP.erg

10x2' @ 105-110%CP.erg

10x30" @120%CP.erg

12x3@330W.erg

15x30s@128%FTP.erg

1x1 Threshold Intervals.erg

1x10x30s@128%.erg

1x2 Intervals.erg

1x5 2x10.erg

1x50m@50-55%.erg

1x50m@55-60%.erg

1x60m@56-75%.erg

1x60m@76-90%.erg

1x60m@88-94%.erg

1x60m@91-105%.erg

## Media



ThereisNoTry11.mp4

