

**The Time-Crunched Cyclist. Page 122.**  
**New competitor Program, Week 6, Saturday;**

This section describes the Over/Under portion of your workout. Remember the Under intensity is your Steady State range, and the Over intensity is your Climbing Repeat range. Your gearing should be moderate, and pedal cadence should be high (90 rpm or higher);

This workout contains three Over/Under Intervals of twelve minutes each. You will be alternating between two minutes of Under, followed by two minutes of Over for each set;

**Prepare to begin the first set;**

Start with Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax back to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes to finish this first set;

Rest for 8 minutes between sets;

**Prepare to begin the second set of Over / Under Intervals;**

Start the second set with Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax back to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes to finish this second set;

Rest for 8 minutes between sets;

**Prepare to begin the third and final set of Over / Under Intervals;**

Start the third set with Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes;  
Relax back to Under intensity for 2 minutes;  
Increase to Over intensity for 2 minutes to finish this third set;

That completes your Over / Under workout for today;