

Set up your bike on a trainer at a track.

Warm-up on the bike for 15 minutes elevating heart rate to the 3 zone.

Transition to a 400-meter run at 10k pace.

Transition back to the bike for a 5-minute ride, as follows:

Spin easily for 2 minutes to recover.

Then build heart rate to the 4-5a zone and hold this for 3 minutes.

Transition to an 800-meter run at 5k race pace.

Repeat this pattern of 5 minutes on the bike followed by an 800-meter run 3 more times. After the last one cool down on the bike by spinning easily for 10 minutes.