

Workout 12 breaks the tempo pace into 5 minute intervals interspersed with endurance pace intervals.

Workout 12: 5 Minute Tempo Intervals					
Time	Duration	Zone	Resistance	Cadence	Description
0:00	5 min	1-2	Easy	90-100	Warmup
5:00	1 min	3	Medium	70-90	One legged pedaling - left leg
6:00	1 min	3	Medium	70-90	One legged pedaling - right leg
7:00	1 min	3	Medium	70-90	One legged pedaling - left leg
8:00	1 min	3	Medium	70-90	One legged pedaling - right leg
9:00	1 min	2	Easy	90-100	Spin easily with both legs
10:00	5 min	3	Medium	80-95	Steady state in zone 3
15:00	5 min	2	Medium	80-95	Zone 2 recovery
20:00	5 min	3	Medium	80-95	Steady state in zone 3
25:00	5 min	2	Medium	80-95	Zone 2 recovery
30:00	5 min	3	Medium	80-95	Steady state in zone 3
35:00	5 min	2	Medium	80-95	Zone 2 recovery
40:00	5 min	3	Medium	80-95	Steady state in zone 3
45:00	5 min	2	Medium	80-95	Zone 2 recovery
50:00	5 min	3	Medium	80-95	Steady state in zone 3
55:00	5 min	1-2	Easy	80-100	Cool down
1:00:00					Workout Completed

Workout 13 gives you 10 minute intervals at tempo pace broken up with endurance pace intervals.

Workout 13: 10 Minute Tempo Intervals					
Time	Duration	Zone	Resistance	Cadence	Description
0:00	5 min	1-2	Easy	90-100	Warmup
5:00	1 min	3	Medium	70-90	One legged pedaling - left leg
6:00	1 min	3	Medium	70-90	One legged pedaling - right leg
7:00	1 min	3	Medium	70-90	One legged pedaling - left leg
8:00	1 min	3	Medium	70-90	One legged pedaling - right leg
9:00	1 min	2	Easy	90-100	Spin easily with both legs
10:00	10 min	3	Medium	80-95	Steady state in zone 3
20:00	5 min	2	Medium	80-95	Zone 2 recovery
25:00	10 min	3	Medium	80-95	Steady state in zone 3
35:00	5 min	2	Medium	80-95	Zone 2 recovery
40:00	10 min	3	Medium	80-95	Steady state in zone 3
50:00	5 min	1-2	Easy	80-100	Cool down
55:00					Workout Completed