

**Abbreviations:**

<b>WU</b>	Warm-up
<b>CD</b>	Cool down
<b>MS</b>	Main set
<b>RI</b>	Recovery Interval
<b>IZ</b>	Intensity zone
<b>TT</b>	Time Trial
<b>NS</b>	Negative Split
<b>Rt</b>	Right
<b>Lt</b>	Left
<b>Rep</b>	Repetition
<b>AT</b>	Anaerobic threshold
<b>AeT</b>	Aerobic threshold
<b>LT</b>	Lactate Threshold (same as AT—Anaerobic Threshold)
<b>FTP</b>	Functional Threshold Power
<b>W</b>	Watts
<b>M</b>	Mile
<b>m</b>	meter
<b>km</b>	Kilometer
<b>Yds</b>	Yards
<b>XT</b>	Cross train
<b>ET</b>	Elliptical Trainer
<b>rpm</b>	Revolutions per minute
<b>RB</b>	Road bike
<b>MTB</b>	Mountain bike
<b>CXB</b>	Cycle cross bike
<b>TTB</b>	Time trial bike
<b>SCR</b>	Small chain ring
<b>BCR</b>	Big chain ring
<b>ILT</b>	Isolated Leg Training
<b>` or min</b>	Minutes
<b>`` or sec</b>	Seconds
<b>1:00</b>	One hour
<b>00:30</b>	30 minutes