

KENDAL TRI CLUB



Cassette Pyramid

Develops sustained climbing strength and pacing.

Warm-up:

10 minutes easy spinning

Main Set:

Starting with a moderate resistance or lowest gear on cassette. Ride sustainably hard (RPE 7)

1 minute

1 minute resistance/gear +1

Repeat until you have worked up and down your full cassette
(17 mins for 9 speed, 19 mins for 10 speed, 21 mins for 11 speed)
If using a spin bike choose what size "cassette" to use before starting.

Include 3 minute easy recovery if repeating set or include the 17-21 minute set as part of another workout

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

<http://www.220triathlon.com/training/bike/five-turbo-training-sessions/7709-4.html>