

KENDAL TRI CLUB



Kitchen Sink

A little bit of everything!

Warm-up:

10 minutes easy spinning

Main Set:

10 minutes - Spin Ups L6

Easy resistance/Low gear. Stay seated and spin up to max rpm, hold for upto 30 seconds before recovering for rest of the minute. Repeat x10

Easy recovery 1 minute

10 minutes - Mixed Climb L8

High resistance/High gear. Work hard to maintain 80-90rpm for a minute. Add 1-2 clicks and climb standing for a minute. Repeat x5

Easy recovery 2 minutes

10 minutes - Big Gear Sprints

Select high resistance and a big gear. From a standing start, sprint out of the saddle to get on top of the gear and then sit down and maintain the sprint. It should be a 100% 30sec effort. Rest completely for 90secs between efforts.

10 minutes - TT Effort

Select a medium resistance that allows you to work sustainably hard (L7/8) at 90-100rpm. Try to maintain a consistent 10 minute effort without tailing off

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

<http://www.220triathlon.com/training/bike/five-turbo-training-sessions/7709-5.html>