

# KENDAL TRI CLUB



## Lactate Threshold

### **Warm-up:**

Choose 1 of our 20 minute warm ups

### **Main Set:**

Choose a gear big enough to push, but one you are able to keep on top of and not labour, keeping a cadence of around 90-100rpm. During the recovery sections, spin your legs out in a lower gear.

4 minute effort @ 8/8.5 RPE  
1 minute recovery @ 5/6 RPE  
4 minute effort @ 8/8.5 RPE  
3 minute recovery @ 5/6 RPE  
2 minute effort @ 8.5/9 RPE  
30 seconds recovery @ 5/6 RPE  
2 minute effort 8.5/9 RPE  
30 seconds recovery @ 5/6 RPE  
2 minute effort 8.5/9 RPE  
3 minute recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE  
1 minute effort @ 9+ RPE  
30 seconds recovery @ 5/6 RPE

### **Cool-down:**

10 minutes easy to recover include some stretching also.

Source (adapted from):

<http://www.cyclingweekly.com/fitness/training/turbo-training-sessions-get-the-most-out-of-your-indoor-training-36080>