

# KENDAL TRI CLUB



## Mad Max

Maximum Effort Madness!

### **Warm-up:**

10-15 minutes steady riding. Include 20/30 second pickups in 2nd half and increase to maximum effort

### **Main Set:**

30 minutes of:

30 seconds ON - MAX effort RPE 10

30 seconds OFF - Easy spin RPE 5/6

Or use a few sets of these minute blocks as part of another workout

### **Cool-down:**

10-15 minutes easy to recover include some stretching also.

Source:

<http://www.220triathlon.com/training/bike/sub-1hr-session-maximal-madness/8058.html>