

KENDAL TRI CLUB



Russian Steps

Warm-up:

Choose 1 of our 20 minute warm ups

Main Set (8 minutes):

Choose a gear/resistance that you won't spin out in but can sustain the effort throughout the set, concentrate on good form. Each "ON" set is RPE 10, each "OFF" set is RPE 5/6

ON 15 seconds - OFF 45 seconds

ON 30 seconds - OFF 30 seconds

ON 45 seconds - OFF 15 seconds

ON 60 seconds - OFF 60 seconds

ON 45 seconds - OFF 15 seconds

ON 30 seconds - OFF 30 seconds

ON 15 seconds - OFF 45 seconds

If you choose to do more than 1 set include 3 minutes easy recovery between each set, or use this 8 minute block as part of another workout

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

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