

KENDAL TRI CLUB



Stairway To Heaven

This is great for building hill strength, as well as mental toughness.

Warm-up:

5 minutes easy spinning @ 4/5 RPE

5 minutes spinning - 20 second seated sprint (10 RPE) at start of every minute

40 second recovery

Main Set:

Choose a moderate resistance (or big ring and middle of cassette)

Ride moderately hard (RPE 7/8).

3 minutes 90-100 rpm

2 minutes - resistance/gears +1-2. Try to maintain rpm

1 minute out of saddle - resistance/gears +1-2. Try to maintain rpm

3 minute easy recovery

3 minutes 90-100 rpm. Start with resistance/gear +2 from 1st set

2 minutes - resistance/gears +1-2. Try to maintain rpm

1 minute out of saddle - resistance/gears +1-2. Try to maintain rpm

3 minute easy recovery

3 minutes 90-100 rpm. Start with resistance/gear +2 from 2nd set

2 minutes - resistance/gears +1-2. Try to maintain rpm

1 minute out of saddle - resistance/gears +1-2. Try to maintain rpm

3 minute easy recovery

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

<http://www.220triathlon.com/training/bike/five-turbo-training-sessions/7709-3.html>