

# KENDAL TRI CLUB



## Steady State (Lactate Threshold)

### **Warm-up:**

10 min fairly easy, building towards Zone 2  
3×30 sec high cadence, 30 sec soft pedal recovery  
3 min Zone 2  
2 min Zone 3  
2 min easy

*Then choose 1 of the following main sets and repeat through it 4 times:*

### **Main Set #1: (X4)**

3 min at 80–85% power/HR/RPE  
2 min at 95–100% power/HR/RPE  
3 min at 50% power/RPE - easy effort, HR should get back to Zone 2  
2 min at 60% power/HR/RPE should be steady Zone 2

### **Main Set #2: (X4)**

4 min at 80–85% power/HR/RPE  
1 min at 95–100% power/HR/RPE  
3 min at 50% power/RPE - easy effort, HR should get back to Zone 2  
2 min at 60% power/HR/RPE should be steady Zone 2

### **Main Set #3: (X4)**

4 min at 80–85% power/HR/RPE  
2 min at 95–100% power/HR/RPE  
2 min at 50% power/RPE - easy effort, HR should get back to Zone 2  
2 min at 60% power/HR/RPE should be steady Zone 2

### **Cool-down:**

Spend 5-10 minutes easy pedalling to recover include some stretching also.

Source:

[http://www.triathlete.com/2015/03/training/one-hour-workout-power-based-steady-state-trainer-session\\_113011](http://www.triathlete.com/2015/03/training/one-hour-workout-power-based-steady-state-trainer-session_113011)

[http://www.triathlete.com/2015/03/training/one-hour-workout-steady-state-trainer-session-2\\_114406](http://www.triathlete.com/2015/03/training/one-hour-workout-steady-state-trainer-session-2_114406)

[http://www.triathlete.com/2015/06/training/one-hour-workout-steady-state-trainer-session-3\\_116916](http://www.triathlete.com/2015/06/training/one-hour-workout-steady-state-trainer-session-3_116916)