

KENDAL TRI CLUB



Winter Warmer

Warm-up:

10 high cadence spin

Main Set:

4 mins - Easy RPE 5/6 90+ rpm

4 mins - Building RPE 6/7 90+ rpm

4 mins - Hard RPE L8/9 90+ rpm

3 mins easy recovery

4 mins - Easy RPE 5/6 90+ rpm

4 mins - Building RPE 6/7 90+ rpm

4 mins - Hard RPE L8/9 90+ rpm

3 mins easy recovery

3 mins - Hard RPE L8/9 90+ rpm

2 mins easy recovery

3 mins - Hard RPE L8/9 90+ rpm

2 mins easy recovery

3 mins - Hard RPE L8/9 90+ rpm

2 mins easy recovery

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

<http://www.220triathlon.com/training/bike/sub-1hr-session-winter-warmer/9691.htm>