

# KENDAL TRI CLUB



## Single Leg Drills

### **Warm-up:**

5 minutes easy spinning @ 4/5 RPE

### **Main Set (8 minutes):**

1 minute clip out your weaker leg and rest it on a stool.

Pedal one-legged, maintain 80-100rpm @ 5/6 RPE

1 minute spin with both legs

1 minute repeat the 'dog muck drill' with the other leg

1 minute spin with both legs

1 minute go back to the original leg and this time concentrate on the top of the pedal stroke by throwing the knee over the handlebars and by pushing the toes forward in the shoes

1 minute spin with both legs

1 minute repeat 'knee over handlebars' with the other leg

1 minute spin with both legs

*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.220triathlon.com/training/bike/five-turbo-training-sessions/7709.html>