

KENDAL TRI CLUB



Smooth Pedal Stroke

Warm-up:

20 min easy

4x [30 sec right leg only/30 sec both legs/30 sec left leg only]

**When single-leg pedaling, let the unclipped leg just hang unsupported.*

**Keep smooth circles with the pedaling leg.*

Main Set:

In an easy gear and no tension or easy resistance RPE 5/6

2 min at 90 RPM

1:30 min at 95 RPM

1 min at 100 RPM

45 sec at 105 RPM

30 sec at 110 RPM

45 sec at 100 RPM

1 min at 95 RPM

1:30 min at 95 RPM

2 min at 90 RPM

Cool-down:

10 minutes easy to recover include some stretching also.

Source:

http://www.triathlete.com/2015/02/training/one-hour-workout-smooth-pedal-stroke-trainer-session_112011