

Gentle introduction to new season training.

Pedalling skill



Distance

Warm-up:

3 Min build to L1 and hold

4 Min L2

2 Min as 30 seconds Max – 30 seconds Ez

1 Min Ez

Drill set:

Notes

4 x

1 Min LL – 1 Min RL – 2 Min both legs

LL= Left leg

RL=Right leg

Main Set:

4 Min L2 (RPE 6/7)

1 Min L1 (RPE 3/4)

4 Min L2 (RPE 6/7)

1 Min L1 (RPE 3/4)

4 Min L2+ (RPE 7/8)

1 Min Ez

5 x

2 Min L3

1 Min L1

Cadence
around 80
rpm

Cool-down:

5 Min spin