

Big gear work



Warm-up:

10

3 Min build to L1 and hold
 4 Min L2
 2 Min as 30 seconds Max – 30 seconds Ez
 1 Min Ez

Main Set

Notes

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3 min L2 big gear RPM 60-70
 1 min Ez spin
 4 min L2 big gear RPM 60-70
 1 min Ez spin
 5 min L2 big gear RPM 60-70
 1 min Ez spin
 4 min L2 big gear RPM 60-70
 1 min Ez spin
 3 min L2 big gear RPM 60-70
 2 min Bonus rest

Biggest gear that you can push at between 60-70 rpm.

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4 x 5 min as:
 1 min Ez
 1 min L2
 2 min L3
 1 min Max effort

Cool-down:

5

5 Min spin