

# Clapham Chasers

## Thursday Spin – Endurance 1

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W/U: 10

6:00 Pedal easy at 90 rpm

2:00 Alternate 0:30 Seated 0:30 Standing

2:00 Alternate 0:30 Left Leg, 0:30 Right Leg

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RI 1:00 between sets

Set 1

5 X 3:00

80%-90% of Max Effort

Seated, Increase gear every 0:30, last 0:30

all-out sprints

Set 2

90% of Max Effort

40 X of 0:20 (RI 0:10)

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C/D: 5:00