

Clapham Chasers

Thursday Spin – Endurance 2

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

Set 1

5 X 4:00

80%-90% of Max Effort

Seated, Increase gear every 1:00, finish

last 0:30 all-out sprints

Set 2

5 X 4:00

80%-90% of Max Effort

Hill Climbs, Standing Increase gear every

1:00, finish last 0:30 largest possible gear

C/D: 5 min