

Clapham Chasers

Thursday Spin – Endurance 3

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

12 X 1:00

80%-90% of Max Effort

1:00 all out sprints 110 rpm

During RI, maintain 100 rpm (1:00 RI)

5 X 3:00

80%-90% of Max Effort

Hill Climbs, Standing Increase gear every

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

C/D: 5 min