

Clapham Chasers

Thursday Spin - Power 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

1:00 RI between sets

Set 1

5 X 0:45

90% of Max Effort

Standing Sprints Heavy Gear Hard sprints, 1:00 RI

Set 2

5 X 0:45

90% of Max Effort

Seated Sprints Heavy Gear Hard sprints 1:00 RI

Set 3

5 X 0:45

90% of Max Effort

Standing Sprints Heavy Gear Hard sprints, 1:00 RI

Set 4

5 X 0:45

90% of Max Effort

Seated Sprints Heavy Gear Hard sprints 1:00 RI

C/D: 5 min