

Clapham Chasers

Thursday Spin - Power 1

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

6 X 0:45 (0:45 RI)

85% of Max Effort

Seated Hard sprints, 110+ RPM

Set 2

6 X 0:30 (1:00 RI)

90% of Max Effort

Seated Hard sprints, 110+ RPM

Set 3

12 X 0:10 (0:20 RI)

95% of Max Effort

Set 4

6 X 0:15 (1:45 RI) Start sprints from a dead stop. Use a big gear,

No Rolling Starts! Drive the pedals down with all your force

C/D: 5 min