

Clapham Chasers

Thursday Spin - Power 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

1:00 RI between sets

Set 1

12 X 0:45

80% of Max Effort

Do as Hard sprints, 80% Effort whilst seated (0:15 RI)

Set 2

12 X 0:30

85-90% of Max Effort

Do as Hard sprints, 85%-90% effort whilst seated (0:30 RI)

Set 3

12 X 0:15

95% of Max Effort

Do as Hard sprints, 95% Effort whilst seated (0:45 RI)

C/D: 5 min