

# Clapham Chasers

## Thursday Spin - Power 3

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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

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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

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C/D: 5 min