



Indoor Training Session Introduction

- 0-10 Min. Warm Up**
Spin in the small ring @ 80-90 rpm's
- 10-15 Min. Stretch off bike**
- 15-20 Min. Spin Up 1 (small ring)**
1 min. intervals X 5. Start at 75 rpms. Every min. increase cadence by 10 rpms. 75-85-95-105-115. Goal is not to bounce on saddle.
- 20-22 Min. Spin Cool Down @ below 80 rpm's**
- 22-30 Min. ILT (isolated leg training)**
15 sec. on left, 15 sec. on right, 30 sec. on both X 7. Keep it in small ring in the front and adjust cog in back to not "click" dead spots.
- 30-35 Min. TT (time trial) big chain ring in front.**
1 min. easy, 1 min. hard (at min. 31 and 33 go hard!)
- 35-37 Min. Stretch off bike**
- 37-40 Min. Spin in small ring @ 85-95 rpm's**
- 40-45 Min. Spin Up 2**
Same as Spin Up 1 above
- 45-50 Min. ILT same as above**
- 50-55 Min. Spin Up 3 (big ring)**
3 Min. at 90 rpm's – 2 Min. at 100 rpm's
- 55-60 Min. Spin in small ring**