


MASTERS / OF / TRI /

| MASTERS / OF / TRI / - STRENGTH SESSIONS | | CYCLING |
|--|---|------------|
|  | | |
| WARM UP: | | |
| Indoors - 15min EASY at a natural cadence | | |
| Outdoors - 15min EASY at a natural cadence to a hill | | |
| WEEK | MAIN SET | TOTAL TIME |
| 1 Intro | 8x2min as: 30sec HARD on MAX resistance allowing 50rpm, 1min 30sec VERY EASY at natural cadence / STOP | 16min |
| 2 Build | 8x2min as: 45sec HARD on MAX resistance allowing 50rpm, 1min 15sec VERY EASY at natural cadence / STOP | 16min |
| 3 De-load | 8x2min as: 30sec HARD on MAX resistance allowing 50rpm, 1min 30sec VERY EASY at natural cadence / STOP | 16min |
| 4 Build | 10x2min as: 30sec HARD on MAX resistance allowing 50rpm, 1min 30sec VERY EASY at natural cadence / STOP | 20min |
| 5 Build | 10x2min as: 45sec HARD on MAX resistance allowing 50rpm, 1min 15sec VERY EASY at natural cadence / STOP | 20min |
| 6 De-load | 10x2min as: 30sec HARD on MAX resistance allowing 50rpm, 1min 30sec VERY EASY at natural cadence / STOP | 20min |
| COOL DOWN: | | |
| 10-20min EASY effort at a natural cadence to finish / return home | | |
| KEY: | | |
| natural cadence | A cadence that feels natural to you | |
| HARD / VERY EASY | The effort to pedal at, HARD is on the muscles, not heart rate / breathing | |
| STOP | Stopping after a HARD effort is allowed, stop pedalling briefly to recover | |
| rpm | Revolutions Per Minute - on a cadence meter / metronome | |