

## **Spin / Indoor Cycling Programme 13/7/2020**

### **Warm up:**

1 min low resistance 70rpm

1 min low resistance 80rpm

1 min medium resistance 80rpm

1 min low resistance 90rpm

1 min medium resistance 90 rpm

1 min low resistance 100 rpm+

### **Main section:**

**Bursts:** Low to medium resistance 85rpm (ish) very 30 seconds sprint for 5 – 10 seconds repeat for up to 10 bursts

**Drops:** Medium high resistance pedal hard for 10 seconds, drop resistance fully off sprint flat out for up to 30 seconds, rest for 1 min between. Repeat x 5

**Build ups:** Stop pedalling, medium resistance, from stationary pedal and gradually build speed to a sprint, hold for as long as you can, drop resistance and recover for up to 1 min. repeat x 5

**Climb sprint:** Low resistance, build speed to a sprint, keep cadence high while adding more resistance every few seconds until you can no longer sprint. Rest, repeat x 5

### **Cool down:**

3 min easy pedalling, start around 90 rpm gradually reduce speed until you come to a stop.

Stretch out all body parts.