



B I K E

Hill Repeats - Indoors

Session Sport: Cycling

Period: Base II or Build I - III

Session Classification: Climbing

Session Objective: Build power at lactate threshold; cadence agility

Session duration: 71 minutes

Warm-Up: 10 minutes

- 10:00 at a cadence of 95-105 rpm (RPE: 4 of 10)
- At 4:00 & 8:00 get out of the saddle for 1:00

Main Set: 51 minutes

36:00 Climb

- 3 x 12:00 sets, with 5:00 of easy spinning between each set
 - Start each set near your LT, with a cadence of 80-85 (RPE: 8 of 10)
 - During each set, add in the following surges (RPE 15 – 10 of 10):
 - 3 x 20 seconds at 60-65 rpm, 150% of max power (goal: 450)
 - 3 x 40 seconds at 70-75 rpm, 120% of max power (goal: 360)
 - 2 x 60 seconds at 75-80 rpm, 110% of max power (goal: 330)
 - 2 x 90 seconds at 85-90 rpm, 100% of max power (goal: 300)

Cool-Down: 10 minutes

10:00 at a cadence of 95-105

Notes:

- Use a timing device to 'lap' each change in effort (Warm-up, each portion of main set, each surge, and the cool-down)