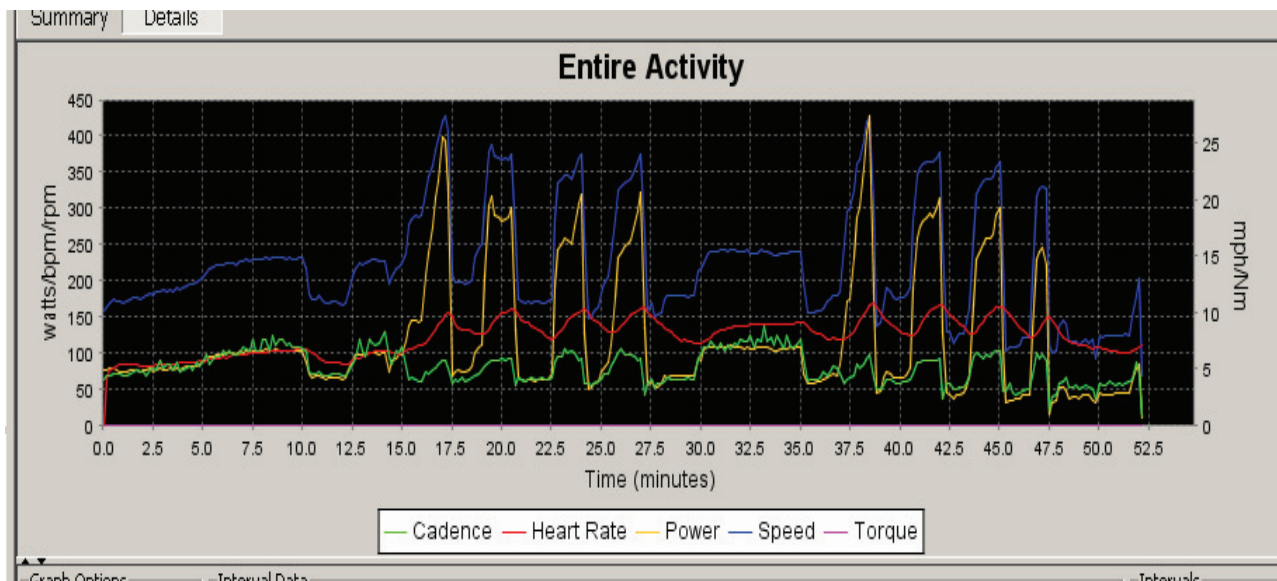


Hill Strength Trainer Workout

This trainer session is geared to keep your legs 'hill' strong, when you are not able to do hilly outdoor riding. A great winter workout or when hilly terrain is not available.



- Warm up for at least 5 min, progressively increasing workload to high end of Zone 1 for the duration.
- After your warm-up, build to fastest controlled cadence (hips are not rocking) in small chainring and hold until fatigue sets in.
- Now, smoothly change to big chainring/gear supporting 60rpm for 30sec.
- Without changing gears, increase cadence to 70, 80, 90, 100 progressively over the course of 1:00 total
- THEN without changing gears, stand and accelerate :15
- Spin easy 2:00
- Do 3 x :90 fast cadence in big gear with :90 easy spin in between
- Recover easy 5:00 and repeat for duration.