



### ON THE BIKE STRENGTH TRAINING with BIKE to RUN CIRCUIT OPTION

This session is geared to keep your legs 'hill' powerful, when you are not able to do hilly outdoor riding. If you have access to a nearby treadmill, this becomes a circuit workout. The details above show the on-the-bike portion only.

- Warm Up for at least 10 min, in Zone 1
- Build to 100+ rpm in small chainring and hold as long as possible. The high cadence should be the highest cadence you can control, yet uncomfortable since it is above your normal ability.
- When fatigue is preventing you from holding the high cadence, change to big chain ring and big gear supporting 60rpm for 30sec.
- Without changing gears, increase cadence to 70, 80, 90 and 100 rpm for duration of 1 min total.
- THEN without changing gears, stand and accelerate 10-15sec (sitting is ok too, if necessary).
- THEN noodle legs easy 5 min in Zone 1.
- THEN do 3 x 90 sec at the highest cadence you can control, in big chain ring – big gear from above, with 90 sec easy spin in between.
- Ride easy 5:00 and go to treadmill (instructions below) or skip treadmill and repeat above for duration, incorporating a 10 min cool down at the end.

**TREADMILL:** You'll leave the bike and move to the treadmill. Walk easy for 2 min.

- Put grade around 10% at walk/slow jog pace. Increase pace over the course of 1 min, to fastest pace you can do. Walk / slow jog at 0% grade for 2 min.
- Then do 90 sec at that fast pace/grade & 90 sec easy walk, 3x.
- If time permits, you can repeat the entire bike/run circuit.