



POWER DRILLS

To strengthen muscles that power the pedals, these drills will focus on power boosting efforts.

Warm Up 5:00 - Easy

Single Leg Builds to develop your pedaling efficiency and technique

With both feet attached at the pedals, perform 3-5 repetitions

Begin at appx 65-70% of Threshold Power

- ⌚ Right leg dominate 30s slow RPM; 30s fast RPM; 15s Both legs - Repeat on left leg
- ⌚ Recover for 1:00 and Repeat

Descending Ladder to develop your pedaling efficiency and technique

With both feet attached at the pedals, perform 3-5 repetitions

Begin at appx 65-70% of Threshold Power

- ⌚ 30s Right leg/30s Left leg Now add more load and proceed to 25s each leg; Add more load and proceed to 20s each leg; Add more load and proceed to 15s each leg; Add more load and proceed to 10s each leg; Recover for 1:00 and Repeat

Power Ups for developing the pedal stroke

Begin at appx 65-70% of Threshold Power. Perform 3-5 repetitions

- ⌚ 30s @ 60 RPM; 70 RPM; 80 RPM; 90 RPM; 100 RPM; 1:00 recover and repeat

Super Power Ups for developing the pedal stroke and boosting power

Begin at appx 65-70% of Threshold Power. Perform 3-5 repetitions

- ⌚ 30s progressively building RPM; 30s progressively building load
- ⌚ 1:00 sustaining heart rate intensity, adjusting cadence and load as necessary
- ⌚ 2:00 recover and repeat

Power Accelerations to boost power

Begin at appx 65-70% of Threshold Power. Perform 3-5 repetitions

- ⌚ 1:00 with 3 transitions, increasing load with each
- ⌚ 30s progressively building RPM; 30s standing; 30 seated progressively building RPM
- ⌚ Recover 2:00 and repeat

Explosive Efforts to boost power

Begin at appx 65-70% of Threshold Power. Perform 3-5 repetitions

- ⌚ 1:00 progressively building load
- ⌚ 10-15s transition and accelerate hard, with the goal to put out the highest wattage
- ⌚ 10-15s seated, sustaining effort; 2:00 recover and repeat