

Bike Trainer Workout: Form Focus

85 minutes

15:00 Warm-up: focus on a higher cadence

5 x One-leg drill @ 30 seconds per leg with 2:00 spin recovery
maintain cadence at 90 rpm

5 x 30 second Spin-Up* with 2:30 spin recovery

5 x 20 second big-gear sprint (seated), with 2:40 spin recovery

15:00 Cool-down: again maintain higher cadence

* Spin-up – increase cadence until begin to bounce, then slow cadence until no longer bouncing and hold

Cadence focus