

## **Bike Muscular Endurance & Force**

### **1. Warm up**

10 minute easy spin, gradually increasing intensity

### **2. Main Set**

Find a hill with a 3-5% gradient, which takes about 6 minutes to climb (If your hill is shorter, simply start the effort on the flat using a slightly higher gear than normal)

4 x 6 minute hill repeats (RPE7)

Riding the hill at less than 80rpm

Recover on the descents

### **3. Cool Down**

10 minute easy spin, gradually decreasing intensity