

Crit Workout

Type of Workout: Crit workout

Warmup: 5 min easy spin at 75 rpm zone 1
5 min spinup 75, 85, 95, 105, 115

Main Set

Chose a moderate gear. Aim to target zone 3 – 4.

After riding at 100 rpm for :30, jump to 110 - 120rpm, you don't need to hold this faster cadence for any period of time. You only have to reach it momentarily for round 1. After you reach 110-120rpm, then drop back down to 100rpm. Each :30 you jump to 110-120rpm. Always maintain at least 100rpm between jumps

Round 2 hold each jump to 110-120rpm for :05

Round 3 hold each jump to 110-120rpm for :10

Round 4 hold each jump to 110-120rpm for :15.

There are 14 jumps each round, which equals 7 minutes. This is followed by 3 min EZ spinning

Cooldown

10 minute cool-down. Shift to an easy gear. Perform a spinning pyramid. Spin up to 100, then decrease by 10 to 60 rpm
100, 90, 80, 70, 60