



LYNX TRIATHLON

Warm-up: 5:00 spin at 90rpm

Then 2:00 @ 95rpm, 2:00 @ 100rpm, 2:00 @ 110rpm, 1:00 @ 120-130 rpm

Follow with: 1:00 @ 90rpm, :15 fast ramp to 120+ rpm, :45 recovery (Repeat 4x)

Main-set:

20 x (:30 ALL OUT! :30 EASY)

You can even pedal backwards for complete recovery after each hard interval. Switch back to pedaling forwards and start to wind up when 5-10 seconds left before the next interval.

Courtesy of The Doctrine Training Ltd.

