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## Power Bursts

**Goal:** This workout will increase your leg strength and *muscular endurance* (i.e., your ability to pedal a big gear). It's strength training on the bike!

**Total Workout Time:** 60 to 80 minutes

**Warm-up:** 20 minutes

**Terrain:** Outdoors on relatively flat terrain or an indoor trainer.

**Gearing:** A very big gear like 53 x 12 (i.e., one too big for you to typically pedal).

**The Workout:** 10 x 15 seconds from a very slow rolling start.

**Training Zone:** Heart rate is not important for this workout (*the goal of this workout is to increase your leg strength, not improve your cardiovascular system*).

**RPM:** 0 to 80 in about 15 seconds for the hard effort; 90 during recovery

**Cool Down:** 10 minutes

**Description:** Begin by warming up thoroughly. This should include easy spinning as well as a few pulls in bigger gears to get your legs ready for this workout. The warm-up is critical because of the stress placed on the knees due to the use of very large gears. Begin each Power Burst by spinning at a very low cadence (i.e., coasting) and slow speed. Shift to your big gear and while seated, spin as hard as you can until you reach 80 rpm. This should take about 15 seconds. Shift to a small gear and spin easy for 3 minutes at 90 rpm. Repeat 10 times. Build up to 15 Power Bursts per session.



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