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Single Leg Training

Goal: This workout will facilitate neuromuscular adaptations that allow you to develop power more evenly throughout your pedal stroke (i.e., improves pedaling economy).

Total Workout Time: 30 to 60 minutes

Warm-up: 15 minutes

Terrain: For safety reasons, this workout should be performed on an indoor trainer.

Gearing: Use a very easy gear that allows you to spin 80 to 90 rpm with one leg.

The Workout: 5 x 30 seconds with each leg, with one minute recovery

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

RPM: 80 to 90

Cool Down: 5 minutes

Description: Begin with your right foot clipped in and your left foot hooked over the back of the trainer (you will need clipless pedals to perform this workout). Spin in a low gear for 30 seconds at 80 to 90 rpm. Concentrate on spinning in circles and lifting your leg on the upstroke. Try to stay smooth and avoid a choppy stroke. Switch to your left foot and spin for 30 seconds. Next, spin in an easy gear with both legs for one minute. This constitutes one set. Repeat for a total of 5 sets. Build from 30 seconds to one minute for each leg, and then to a total of 10 sets.



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