

**EASTLANDS SPRINT SCHOOL
WATT BIKE SESSION**

PLEASE BRING DRINK AND TOWEL WITH YOU

Footwear - Trainers

Warm up for 10 mins

10 sec max effort

10 sec recovery

20 sec max effort

20 sec recovery

30 sec max effort

30 sec recovery

40 sec max effort

40 sec recovery

50 sec max effort

50 sec recovery

40 sec max effort

40 sec recovery

30 sec max effort

30 sec recovery

20 sec max effort

20 sec recovery

10 sec max effort

10 sec recovery

Not for Group 1

Finish with 10 mins easy ride

**Followed by
1 x 500 m Timed Sprint Final**

START TIMES G4 10.00 G3 11.20 G2 1.30 G1 2.45

