

## Fit Bit Friday 126

### The Drill Sergeant Workout

*\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\**

**Description:** Start off with an easy warmup, using enough resistance to feel a connection with your pedals, but not too much to make it feel like a big effort - we'll get there shortly! You'll do the 6 drills listed in green for 30s each, then take a quick break. You'll then repeat the sequence 2 more times, first for 45s per drill and again at 60s per drill. Be sure to add plenty of resistance before you stand to climb in order to prevent injury. (It'll feel much easier climbing out of the saddle because you've got your weight to help you. Therefore, you've got to add more load to counter-balance it.) Finish up with a steep hill climb and a cool down, and you're done!

Time	What to Do	RPE
0:00-5:00	Warm up at an easy to moderate effort.	4 to 6
5:00-8:00	Do the following drills for 30s each:	
	Seated moderate climb	6
	Add resistance - Seated heavier climb	7
	Add resistance - Standing climb	7.5
	Standing climb - left arm away	7.5
	Standing climb - right arm away	7.5
	Standing surge as fast as you can	9
8:00-9:00	Reduce resistance - Rest 1 minute - ride easy.	6
9:00-13:30	Repeat the 6 drills again, for 45s each	6 to 9
13:30-15:00	Reduce resistance - Rest for 1.5 minutes - ride easy.	6
15:00-21:00	Repeat the 6 drills again, for 60s each	6 to 9
21:00-23:00	Reduce resistance - Rest for 2 minutes - ride easy.	6
23:00-28:00	Gradually increase resistance each minute for a final 5 min climb, moving out of the saddle after 3 minutes.	6 to 8
28:00-30:00	Reduce resistance - Recover for 2 minutes.	6 to 4
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