

Turbo Session 1

This session doesn't need any special equipment (eg. rate monitor or power meter); it can be done on a very basic turbo trainer, however you do need to know the sizes of the gears on your bike so, if like me you have no idea, just count the teeth on all the cogs (front & back), write them down and put the paper somewhere you can see it! If the gearings given are different from your bike just use the nearest you have. Finally, remember to have a towel close to hand and plenty of water!

Warm up

- Easy pedal 5 minutes
- Move to a harder gear and alternate 30 secs hard (100rpm+); 30 secs easy for 5 minutes total
- Easy pedal 2 minutes

Main Set

- 5-10 reps of 52 (front) x 20 (rear) for 1 minute – aim for 100rpm
- Recovery 42 x 20 for 1 minute at 60rpm

If these gears are too difficult use the largest gear you can manage.

Do as many reps as you can manage whilst still maintaining 100rpm for the whole minute.

Cool Down

- Easy pedal 5-10 minutes

