

## Turbo Session 4

*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 3 minutes
- On your smallest chain ring (probably 42) start in your easiest gear and work your way up progressively through the gears; 1 minute in each gear; aim for 100rpm.
- Easy pedal 2 minutes

### **Main Set**

- On your largest chain ring (probably 52), start in an easy gear (eg.52 x 20)
- Pedal 1 minute at 90rpm; 1 minute at 100rpm; 1 minute at 110rpm then 30s as fast as you can go.
- 2 min easy pedalling in an easy gear
- Move up to your next gear (eg.52 x 18) and repeat
- Continue up your gears until you can no longer achieve the cadences required.
- *If you find using your large chain ring too difficult do the same main set on your small ring.*

### **Cool Down**

- Easy pedal 10 minutes

