

## Turbo Session 5

*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 x 2 mins at 52 (front) x 20 (rear) – aim for 100rpm;
- 1 min recovery 42 x 20 at 60rpm between each rep;
- 10 x 1 min at 52 x 20 – aim for 110rpm;
- 1 min recovery 42 x 20 at 60rpm between each rep;
- 10 x 30s at 52 x 20 at the highest cadence you can maintain whilst remaining in the saddle and not 'rocking' your pelvis;
- 1 min recovery 42 x 20 at 60rpm between each rep.

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

*If you want to make the session longer, increase the first set to 10 x 2 mins.*

### **Cool Down**

- Easy pedal 5-10 minutes

