

Turbo Session 7

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
- 30 secs right leg only; 30 secs left leg only for 5 minutes*
- Easy pedal 2 minutes

**Single leg – unclip one foot and rest it on something (eg. chair). Try not to rock in the saddle. Miss this section if you don't have clipless pedals.*

Main Set

- 10-12 reps of 52 (front) x 18 (rear) for 1 minute – aim for 100rpm
- Recovery 42 x 18 for 1 minute at 60rpm
- 5-7 mins of 30s 52x18 at 120rpm; 30s easy

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

Do as many reps as you can manage whilst still maintaining your cadence for the whole rep.

Cool Down

- Easy pedal 5-10 minutes

