

Turbo Session 10

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 for 7 minutes - aim for 100rpm.
- Easy pedal 3 minutes

Main Set

- On your largest chain ring (probably 52) start in your easiest gear (eg. 52 x 22) and work your way up through your gears; 2 minutes in each gear at 100 -110rpm with a 1 minute recovery in 52 x 22 between each. Stop when you can no longer maintain 100rpm.
- If you're feeling superfit, go back to your easiest gear and do it all again!

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

