

## Turbo Session 12

*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!*

*This is a **Brick session**. If you don't want to run then just miss those sections out but, if you want to include the runs, you will need running as well as cycling shoes (if used).*

### **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
- Easy run 5 minutes (optional)

### **Main Set**

- 5 minutes steady pedalling at 90rpm+ in a 'moderate' gear (eg.52 x 20);
- 5 minute run at 10K pace (optional)
- 1 min pedalling in an easy gear
- 10 minutes steady pedalling at 90rpm+ in a 'moderate' gear (eg.52 x 20);
- 10 minute run at 10K pace (optional)
- 1 min pedalling in an easy gear
- 15 minutes steady pedalling at 90rpm+ in a 'moderate' gear (eg.52 x 20);
- 15 minute run at 10K pace (optional)
- 1 min pedalling in an easy gear
- 10 minutes steady pedalling at 90rpm+ in a 'moderate' gear (eg.52 x 20);
- 10 minute run at 10K pace (optional)

- 1 min pedalling in an easy gear
- 5 minutes steady pedalling at 90rpm+ in a 'moderate' gear (eg.52 x 20);
- 5 minute run at 10K pace (optional)
- *If you do the run sections as an 'out and back' then try to negative split ie. get back faster than you went out;*
- *Use a gear that you find moderately hard but can maintain your cadence for the full 10 minutes;*
- *Make your 'transitions' as fast as you can - your rest is the easy pedal back on the bike!;*
- *If you want to make the session shorter then just adjust the rep times.*

### **Cool Down**

- Easy pedal 5 minutes

