

Turbo Session 13

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

- 20 x 1 min in a reasonably hard gear eg. 52 x 18 – aim for 100rpm+ - with 1 minute recovery in an easy gear eg. 42 x 18 for at 60rpm
- 3 mins as 10s max (120rpm+); 10s easy. Aim to use the same gears as in the main set.

If you can't manage 20 reps straight off add a 5 minute recovery after 10 reps. Use a gear at which you can maintain your cadence for the whole rep and for the whole set (ie. rep 1 should be the same as rep 20)

Cool Down

- Easy pedal 5-10 minutes

