

## Turbo Session 14

*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
- Move to a harder gear and alternate 30 secs hard (100rpm+); 30 secs easy for 5 minutes total
- Easy pedal 2 minutes

### **Main Set**

- On your largest chain ring start in your easiest gear and pedal 1 minute at 100rpm;
- Move up one ring - pedal 1 minute at 100rpm;
- Continue to move up your gears for 7 x 1 minutes total;
- Move back down to your easiest gear and repeat;
- Repeat 4-6 times (or more!) depending on your level of fitness.
- *If you can't maintain your cadence in the harder gears then miss these out and do more reps using easier gears.*
- *If you find using your large chain ring too difficult do the same main set on your small ring.*

### **Cool Down**

- Easy pedal 5 minutes

