

Turbo Session 16

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;
- 3 minutes as 30 seconds hard; 30 seconds easy;
- 2 minute easy pedal

Main Set

- 5 mins in a moderate gear (eg. 52 x 22) – 2 minutes at 90rpm; 2 minutes at 100rpm; 1 minute at 110rpm+;
- 1 min recovery 42 x 22 at 60rpm;
- 5 min at your next gear up (eg. 52 x 20) – 2 minutes at 90rpm; 2 minutes at 100rpm; 1 minute at 110rpm+;
- 1 min recovery 42 x 20 at 60rpm;
- 5 min at your next gear up (eg. 52 x 18) – 2 minutes at 90rpm; 2 minutes at 100rpm; 1 minute at 110rpm+;
- 1 min recovery 42 x 18 at 60rpm;
- 5 min at your next gear up (eg. 52 x 16) – 2 minutes at 90rpm; 2 minutes at 100rpm; 1 minute at 110rpm+;

- *If these gears are too difficult (or too easy) use the largest gear you can manage.*
- *If you want a longer workout then repeat!*

Cool Down

- Easy pedal 5-10 minutes

