

Turbo sessions:

Warm up:

All turbo sessions should start in an easy gear and progressively increase effort over the first 10mins. Cadence should be in the region of 90 revs/min.

Drill session:1

One leg drills by unclipping left leg and resting on back of turbo. Keep an even steady cadence in an easy gear for 30sec re-clip left leg and spin easy for 30sec. Then unclip right foot and carry out 30 sec drill on left leg, re-clip and spin easy with both legs. Repeat this drill for 5mins to begin with and increase by 1min every time you start your session with one leg drills as part of your warm up. Pedal speed should be even and steady by pulling around the base of the circle lifting the leg to pull up and pushing over the top of circle.(think of pedalling in a big circle)

Drill session 2: (you can combine drill set 1 & 2 for a full session by doing 10 mins each and repeating)

Select an easy gear and spin for 5mins warm at 90 revs. In same gear increase revs to 100rpm by using a clock with second hand as ref or cad pick up on bike computer. Maintain 100 revs for 1 min the easy spin at 80 revs for 1 min then 90 revs for 1 min. Repeat x 10. Effort level should be 5 fairly easy.

Main session 1:

Warm up.

Select a gear that you can maintain a steady spin for a long time (6-7 effort level) at 90 revs and maintain that gear for the session. Every 5 mins sprint flat out in that same gear for 6seconds in the saddle, then spin back down to a steady pace for the remainder of the 5 mins at 90 revs. Warm down. Effort level for the session should be about 6 out of ten with the sprints being ten out of ten. (40mins in total so 8x sprints)

Main session 2:

Warm up.

Select a gear that will work you at a steady pace for 40 mins at 90 revs.(about 6 out of 10 effort level to start with) After 5mins select a bigger gear to make the effort harder and maintain 90 revs for 1min. Change gear every 1min until in the biggest gear (hardest to pedal) then work back down the cassette at 1min intervals. Easy spin for 3mins then repeat until 40mins is completed. Warm down

Main session 3:

Warm up.

Select a gear that will work you quite hard for 3mins. Climb out of the saddle for 45seconds and climb in a big gear sit back in the saddle and select the biggest gear that you can push at 60 revs for the remainder of the 3mins.(effort level 8 out of 10) Recovery spin for 2mins then repeat x 5. Warm down.

Perceived effort levels:

5 = warm up

6= Steady spin (could maintain for a long time)

7=moderately hard (5-20mins interval)

8=Hard interval (2-5mis)

9= Very hard interval (no more than 1 min long)

10= Sprint 100% effort max 10sec with min 3mins rec spin in between.