

Indoor Turbo Sessions

Try to keep these sessions in the order in which they are planned

Session 1.

Warm up by spinning 5 x 3mins working on 90rpm/95rpm/100rpm/105rpm/110-rpm.
Then do 3 sets of (5 x 6 second sprints – 24/25secs spinning after each sprint and 2mins easy spin after each set

Main set: Build up to 4 x 2mins (15 -20 beats sub-threshold) 6mins (10-15 sub-threshold)
2mins (6-10 beats sub-threshold)

Finish with 15mins easy spin down.

Session 2.

Warm up by spinning 5 x 3mins working on 90rpm/95rpm/100rpm/105rpm/110-rpm.
Then do 3 sets of (5 x 6 second sprints – 24/25secs spinning after each sprint and 2mins easy spin after each set

Main set: 2 x 4 minutes (Mini time trials with 2 mins recovery) followed by 2 x 2minutes (Mini time trials with 1 minute recovery)

Finish with 20 minutes easy spin down

Session 3

Warm up 15mins easy spin.

Then build up to 3 x (2min left leg - 1min both -2min right leg - 1min both) start with 30 seconds on single leg and progress

Main set: Build up to 8 x (4 minutes at 8-10 seconds sub threshold, followed by 90secs easy spin

Finish with a spin down of 15mins.

Session 4

Warm up with 12 mins easy spin gradually building the rpm up to 110 followed by 3 sets of (5 x 6 second sprints – 24/25secs spinning after each sprint and 2mins easy spin after each set

Main set: 2 x (3mins full out time trial – 4.30 recovery spin -2mins full out time trial – 3.00 recovery spin- 60 secs full out time trial – 6.00 recovery spin)

The aim here is to sustain your best average power

Finish with a 20 min easy spin down.