

7OAKS TRI TURBO SESSION

Thursday 16 January at Cornwall Hall. Be ready to start at 19.45. Finish approx 20.55

Aims:

To encourage good pedalling technique – focusing on feet speed and not force on the pedals.

Improve lactate threshold speed.

1	Warm up. In small or middle chain ring keeping cadence at least 95rpm and gradually getting heart rate up to approx 80% of your threshold heart rate	5m
2	Technique. To be done in a low gear (small or middle chain ring). Resistance to be low so you can concentrate on feet speed and not “stomping” on the pedals. Keep the upper body as still as possible. 110 rpm – 3 minutes 120 rpm – 1 minute 95 rpm – 2 minutes X 3	18m
3	Intensive Endurance. 4 x 10 minutes (1 minute easy pedalling recovery) in a gear that allows you to maintain a cadence of at least 95rpm and keeps your heart rate in Zone 3 and lower Zone 4 (95% of threshold heart rate max) Perceived effort – 14 - 15/20	43m
4	Cool down. Lower the cadence and let your heart rate gradually drop to approx 65% of your lactate threshold. Stretch – As a minimum, your hamstrings, quads and calf muscles to aid recovery.	5m