

7OAKS TRI TURBO SESSION

Thursday 23 January at Cornwall Hall. Be ready to start at 19.45. Finish approx 20.45

Aims: To encourage good pedalling technique – focusing on feet speed and not just force on the pedals.
Improve muscular endurance and develop power.

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| 1 | Warm up in a low gear keeping cadence at least 95 rpm | 10m |
| 2 | 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. 5 x 1 minute Spin-ups. Gradually increase cadence up to above 120 rpm. After each spin-up - 1 minute with cadence at 95rpm. “No bouncing and concentrate on keeping your upper body and head still” | 10m |
| 3 | Main set: Consists of muscular endurance and strength: 5 x 4 minutes in Zone 4 (94% - 99% of threshold heart rate) with 3 minutes recovery. Select a big gear that you can only pedal at a cadence below 70 rpm, possibly biggest on the bike depending on turbo resistance. Hard on both legs and lungs. <u>At the end of the intervals pedal in an easy gear for 5 minutes at + 95 rpm to aid recovery of the legs.</u> | 32m 5m |
| 4 | Cool down. Lower the cadence and let your heart rate gradually drop to approx 65% of your lactate threshold heart rate. Stretch – As a minimum, your hamstrings, quads and calf muscles to aid recovery. | 10m |

If you want to book a club turbo please contact Tony Lamoury or me in advance. We don't want you to have a wasted journey.
Neil