



Bike (Turbo) Duration: 1h

Focus of session

To practice smooth pedaling technique, and recover

Workout description

Warm up 10 mins, gradually increase heart rate to Z2 (RPE 2-3)

Technique

Repeat x 2

1 min focus on top part of the pedal stroke (up and over)

1 min focus on down part of the stroke (pushing down)

1 min focus on bottom part of the pedal stroke (think about scraping something off the bottom of your shoe)

1 min focus on up part of the stroke (pulling up)

1 min focus on a smooth pedal stroke trying to eliminate dead spots.

Cadence drills

1 min 100rpm + 2m rec

2 min 95rpm + 2m rec

1min 105rpm + 2m rec

3min 90rpm +2m rec

1 min 115rpm +2m rec

4 min 85 rpm +2m rec

1 min 120rpm +2m rec

5 min 80rpm +2m rec

Cool-down

6 mins decrease heart rate, cadence and effort, easy spinning.