

Bike (Turbo)

Duration: 1 hr

Focus of session

To practice smooth pedaling technique.

Workout description

Warm up 10 mins increase your effort every 2 mins. RPE 4-6 maximum
(zone3)

Technique

Single leg drills,

30s right leg, then spin for 60s, 30s left leg then spin for 60s repeat 6 times

Spin ups Increase your cadence up to 115 for 15s, then 100 15s recover 30s
Repeat 4 times

Build 6 mins increasing effort every 2 mins up to RPE 4-6
(Z3) cadence 90rpm

Main set (keep smooth pedaling and body awareness)

8 mins @ RPE 6-7 sub Z4

Easy spin 1 min

6 mins @ RPE 6-7 sub Z4

Easy spin 1 min

4 mins @ RPE 7-8 (Z4)

Easy spin 1 min

2 mins @ RPE 7-8 (Z4)

Cool-down

5 mins decrease heart rate, cadence and effort.