



Bike (Turbo)
Duration: 45m

Focus of session

To practice smooth pedaling technique and good technique with low cadence.

Warm up

10 mins increase your effort every 2 mins. Z3/RPE 6-7 maximum

Technique

4 x Pedaling in a circle, (12 min)

Think about each phase of the pedaling, focus on right foot for 1 minute and visualize pedaling in a circle, and scraping something off the bottom of your shoe at the bottom part of pedal stroke. Repeat on left hand side. Spin for 1 min between sets

4 x Spin ups (4min) Increase your cadence up to 115 for 20sec, then 100 for 20sec, recover 20sec.

Main set (keep smooth pedaling)

2 mins @ 50rpm Z3 RPE 4-6

Easy spin 1 min

2 mins @ 55rpm Z3 RPE 4-6

Easy spin 1 min

2 mins @ 60rpm stand in saddle, keep weight off arms engage core Z3 RPE 4-6

Easy spin 1 min

2 mins @ 65rpm stand in saddle, keep weight off arms engage core Z3 RPE 4-6

Cool down 5 mins