



**Bike (Turbo) Duration: 45m-1h**

**Focus of session**

To practice smooth pedaling technique, and work at high intensity

**Workout description**

Warm up 10 mins increase your effort every 2 mins, aim to get your Heart rate up to Zone 4 RPE 7-8

**Technique**

Single leg drills,

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

**Build** 6 mins increasing effort every 2 mins up to RPE 7-8 (Z4) cadence 90rpm

**Main set** (keep smooth pedaling and body awareness)

2-3 sets of

5 minutes as 10 seconds (RPE10) 10 seconds recovery (don't change gear just pedal very slowly, you should be in a fairly high gear to go all out for 10 seconds)

5 minutes recovery spin in an easy gear.

**Cool-down**

5 -10 mins decrease heart rate, cadence and effort.