



**Bike (Turbo) Duration: 45m**

**Focus of session**

To practice smooth pedaling technique, and recover

**Workout description**

Warm up 10 mins start at about 80rpm increase cadence by 5 every 2 mins

**Technique**

Repeat x 6 (12mins)

1 minute left leg pedaling, easy gear cadence 80-90rpm

1 minute recovery spin with both legs 80-90rpm

1 minute right leg pedaling, easy gear cadence 80-90rpm

Focus on smooth pedalling, maintain even pressure throughout the pedal stroke, aiming to eliminate “dead spots”

10 minutes as 1 minute spin up to as fast a cadence as you can maintain, then 1 minute recovery

**Cool-down**

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