



Bike (Turbo) Duration: 1h

Focus of session

To develop specific cycle strength at low cadence

Workout description

Warm up

10 mins, increase heart rate and effort every 2 mins up to Z3/RPE4-6.

5 mins as 30s high cadence spin then 1 min preferred cadence, focus on good pedalling technique (pedalling in circles)

Main

36 mins in Z3, RPE 4-6

every 3rd minute change down to a lower gear for 1m

with cadence at 60-70RPM @Z3 RPE 4-6

Cool-down

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