

Bike Turbo 1

Venue:		Time:		Date:	
Group: TNT		Equipment Required: Bike, Turbo Trainer, Cadence readout, drink, towel.			
Aims: Awareness of cadence, gear changing, Base period training, to work aerobic energy systems.					
Time	Distance	Description	Coaching Points	Intensity	
0-> 10 mins	N/A	Warm Up steady from 50 to 80 rpm in an easy gear.	Full circles, listening for whirr of turbo, easy grip on handlebars.	L1->L2	
10->15	N/A	Build from 80 >90 rpm increasing the gears until comfortable	Gear should be felt, but upper body still and easy grip on handlebars.	L2->L3	
15->25	N/A	Maintain 90 rpm starting in biggest cog on the back going one down the block every 2mins until 5 th cog down or hardest gear you can maintain 90 rpm.	Stay in the saddle and make full circles. Riding on hoods or tri bars, if fitted.	L3	
25->30	N/A	Easy spin down 90->50.	Hands on tops	L2->L1	

Evaluation:

Bike Turbo 2

Venue:		Time:		Date:	
Group: TNT		Equipment Required: Bike, Turbo Trainer, Cadence readout, drink, towel.			

Venue:		Time:		Date:
Aims: Awareness of cadence, gear changing, Base period training, to work aerobic energy systems.				
Time	Distance	Description	Coaching Points	Intensity
0-> 10 mins	N/A	Warm Up steady from 50 to 80 rpm in an easy gear.	Full circles, listening for whirr of turbo, easy grip on handlebars.	L1->L2
10->15 15->20	N/A N/A	Build from 80 >90 rpm. Then into one hand drills, riding with one hand on head for 1 min then swapping to the other.	Gear should be felt, but upper body still and easy grip on handlebars.	L2
20>25	N/A	Maintain 90 rpm in steady gear.	Stay in the saddle and make full circles. Riding on hoods or tri bars, if fitted.	L3
25->30	N/A	Easy spin down 90->50.	Hands on tops	L2->L1

Evaluation:

Bike Turbo 3

Venue:		Time:		Date:
Group: TNT		Equipment Required: Bike, Turbo Trainer, Cadence readout, drink, towel.		
Aims: Awareness of cadence, gear changing, Base period training, to work aerobic energy systems.				
Time	Distance	Description	Coaching Points	Intensity
0-> 10	N/A	Warm Up	Full circles, listening for whirr of turbo,	L1->L2

Venue:		Time:		Date:
mins		steady from 50 to 80 rpm in an easy gear.	easy grip on handlebars.	
10->25	N/A	Build from 80 >90 rpm and maintain 90 rpm in steady gear.	Gear should be felt, but upper body still and easy grip on handlebars. Stay in the saddle and make full circles. Riding on hoods or tri bars, if fitted.	L2->L3
25->30	N/A	Easy spin down 90->50.	Hands on tops	L2->L1

Evaluation:

Bike Turbo 4

Venue:		Time:		Date:
Group: TNT		Equipment Required: Bike, Turbo Trainer, Cadence readout, drink, towel.		
Aims: Awareness of cadence, gear changing, Base period training, to work aerobic energy systems.				
Time	Distance	Description	Coaching Points	Intensity
0-> 10 mins	N/A	Warm Up steady from 50 to 80 rpm in an easy gear.	Full circles, listening for whirr of turbo, easy grip on handlebars.	L1->L2
10->30	N/A	Build from 80 >100 rpm. Then 2min at 100 rpm and then 2 min at 80 rpm.	Gear should be felt, but upper body still and easy grip on handlebars.	L2->L3

Venue:		Time:	Date:	
30->35	N/A	Easy spin down 90->50.	Stay in the saddle and make full circles with feet parallel to the floor. Riding on hoods or tri bars, if fitted. Hands on tops	L2->L1

Evaluation: