

7OAKS TRI TURBO SESSION

Thursday 7 November at Cornwall Hall. Be ready to start at 19.45. Finish approx 20.45

Aims:

To encourage good pedalling technique – focusing on feet speed and not force on the pedals.

Get a feel for the turbo again and begin the early stages of lactate threshold improvement. Control the effort as you want to stay below Zone 4.

1	Warm up. In small or middle chain ring keeping cadence at least 95rpm and gradually getting heart rate up to approx 80% of your lactate threshold.	10m
2	Technique. To be done in a low gear (small or middle chain ring). Resistance to be low so you can concentrate on feet speed and not “stomping” on the pedals. Keep the upper body as still as possible. 110 rpm – 3 minutes 120 rpm – 1 minute 95 rpm – 3 minutes X 2	16m
3	Intensive Endurance/Tempo in Zone 3 4 x 6 minutes (90 seconds easy pedalling recovery) in a gear that allows you to maintain a cadence of at least 95rpm. Perceived exertion: 13-14/20 HR between 90% - 94% of threshold heart rate. Power to be between 80% - 90% of FTP	29m
4	Cool down. Lower the cadence and let your heart rate gradually drop to approx 65% of your lactate threshold heart rate. Stretch – As a minimum, your hamstrings, quads and calf muscles to aid recovery.	5m

Please bring a heart rate monitor and if you can a cycle computer to measure speed/distance which also has a cadence sensor.

Neil