





Turbo Training - Andover Triathlon Club

SESSION OBJECTIVE

Continue to develop technique and aerobic fitness.

FOCUS

Think about perfect technique posture especially during the run phase.

TURBO RESISTANCE

Spin back wheel 20mph (39 x 17 gear ratio at 90 rpm cadence)
Stop pedaling and adjust resistance so it takes about 10-12 seconds for the back wheel to stop spinning.



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Relative Perceived Exertion

RPE Index

Talk Test

1 Weak	Able sing or converse easily. (sustain effort all day)
3 Moderate	Just able to hold a conversation. (able sustain effort for hours with concentration)
5 Strong	Only able to talk in short sentences (sustain effort for several minutes with determination)
7 Hard	Only talk in short gasps (sustain effort only for a minute or so)
10 Flat out	Unable to talk (sustain effort only for a few seconds)



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Warm Up

39 x 21 tooth for 5 mins

Then drop down one cog at the back every 1 minute.

Sense RPE increase from 1 weak to 3 moderate.

- Duration 10 mins
- Elapsed Time 10 mins
- Gear Ratio 39 x 21 > 19 > 18 > 17 > 16 > 15 tooth
- Cadence 80 > 95 rpm
- RPE 1 > 3



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Select 53 x 21 tooth ratio Spin at 90 rpm for 1 min

Then down drop to cogs on rear for 1 min.

Then up one cog rear for one min and so on . . .

RPE 3 > 4

- Duration 9 mins
- Elapsed Time 19 mins
- Gear Ratio 53 x (21 -2, +1, -2, +1, -2, +1 ... tooth)
- Cadence 90 rpm
- RPE 3 > 4 (Moderate)



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Select 39 x 19 tooth ratio.

Spin at 90

Think "riding smooth and relaxed"

RPE 3

- Duration 1 min
- Elapsed Time 20 mins
- Gear Ratio 39 x 19 tooth
- Cadence 90 rpm
- RPE 3



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Select 39 x 18 tooth ratio spin at 90 for 1 min.

Change to ...

53 x 18, 90rpm, Out of saddle, 1 min

39 x 18, 120rpm, 1 min

39 x 16, 120 rpm, Out of saddle, 1 min

53 x 18, 90rpm, 1 min

53 x 16, 90rpm, Out of saddle, 1 min

39 x 18, 110 rpm, 1 min

53 x 17, 70 rpm, Climb, 1 min

39 x 18, 100rpm, 1 min

53 x 18, 90rpm, 1 min

- Duration 9 mins
- Elapsed Time 29 mins
- RPE 4



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Your choice tooth ratio.
Spin at 90rpm for 2 mins
Think "riding smooth and relaxed"
RPE 3

- Duration 2 mins
- Elapsed Time 31 mins
- Gear Ratio Your choice
- Cadence 90 rpm
- RPE 3



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Select 39 x 18 tooth ratio,
left leg for 1 min then right leg for 1 min
Repeat 3 times dropping 2 gears back cog each time
Select 53 x 16 tooth ratio both legs
90 rpm throughout
RPE 4

- Duration 8 mins
- Elapsed Time 39 mins
- Gear Ratio 39 x 18 > 39 x 16 > 39 x 14 > 53 x 16 ratio
- Cadence 90 rpm
- RPE 4



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Your choice tooth ratio.

Spin at 90 for 2 mins

Recover to RPE 3

Drink and prepare for the final sprint to the line!

- Duration 2 mins
- Elapsed Time 41 mins
- Gear Ratio Your choice
- Cadence 90 rpm
- RPE 3





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Select 53 x16 tooth ratio,
20 sec easy RPE 3 (Moderate)
10 sec spin fast RPE 7 (Hard)
Repeat 10 times





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Cool down.

Reduce resistance every few minutes by moving from 18 to 21 tooth cog and allow your cadence to drop slowly from 90 to 80 rpm

Take a drink.

Sense your HR & RPE dropping.

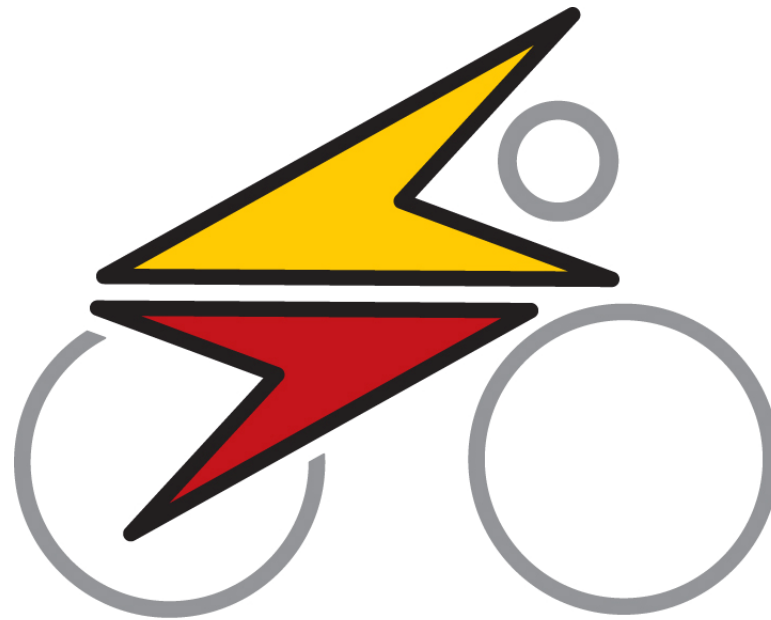
- Duration 10 mins
- Elapsed Time 61 mins
- Gear Ratios 39 x 18 > 21 tooth
- Cadence 90 > 80 rpm
- RPE 4 > 2



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Stop

Dismount and begin stretching.



ANDOVER TRIATHLON