

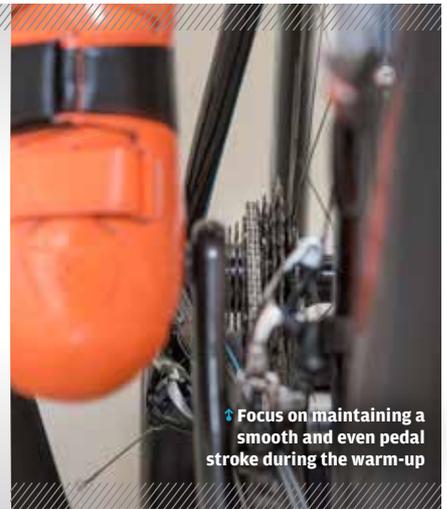
WARM-UP

Before embarking on these tough sessions, be sure to warm up as follows...

DURATION: 20mins

A decent warm-up is essential to prepare you both physically and mentally. Work through this routine as part of each session. Select a medium gear and a light resistance. Focus on maintaining a smooth and even pedal stroke. If you don't feel as though your legs are spinning freely, drop the gearing and resistance. By the end, you should have a good sweat on but your legs shouldn't feel at all fatigued.

0-4mins	90rpm
4-6mins	95rpm
6-8mins	100rpm
8-9mins	105rpm
9-10mins	110rpm
10-12mins	90rpm
12-15mins	10secs maximal seated sprint > 50secs 90rpm
15-16mins	95rpm
16-17mins	100rpm
17-17.5mins	120-130rpm
17.5-18mins	130rpm+
18-20mins	90rpm



↑ Focus on maintaining a smooth and even pedal stroke during the warm-up

SWEET-SPOT INTERVALS

DURATION: 1:15hrs

If you only do one turbo session regularly through the winter, do this one. The so-called 'sweet spot' found at the upper end of Zone 3, tempo, and lower end of Zone 4, threshold, delivers good training gains, especially increases in functional threshold, which is key to triathlon cycling performance across all distances. The 'sweet' thing about it, though, is that recovery time from workouts at this intensity is minimal, so they're easy to slot into your schedule and complement base work really well.

WARM-UP: See above.

MAIN SESSION: 2 x 20mins at 'sweet spot' (84-95% FTP or 94-95% LTHR). Select a gear and resistance that allows you to hold 90-100rpm. You should have to concentrate to maintain the intensity, but it shouldn't feel too hard. Remember FTP or LTHR is the intensity you should be able to sustain for an hour and you're working below that. 5mins easy spin recovery between the two efforts.

COOL-DOWN: 10mins easy spin.



↑ This session is ideal for discovering your racing 'sweet spot'

LOW-CADENCE/HIGH-GEAR

DURATION: 59mins-1:15hrs

Winter is a great time to include some strength work in your training, but that doesn't have to mean heading to the gym. This session is the perfect way to build some cycle-specific strength work into your training. Perform the efforts in your race position to get maximum benefits and to really challenge the muscles of your core and glutes. This workout will also deliver a VO2 and functional threshold-raising hit, but does require at least 48 hours recovery.

WARM-UP: See above.

MAIN SESSION: 4-6 x 5mins at 60-65rpm. Select a gear and resistance that just allows you to hold 60-65rpm; don't worry about power or HR. It'll feel like cycling through treacle, but try to keep it smooth. Emphasise scraping through at the bottom of the stroke and avoid excessive tension or rocking in your upper body. 3mins easy spin recovery between intervals.

COOL-DOWN: 10mins easy spin.



↑ Do this workout to build some bike-specific strength into your training

LEG SPEED

DURATION: 56mins

This leg speed session will facilitate recovery, give your legs some zip back and help to develop a smooth and efficient pedalling technique. This session is also an ideal one to do on rollers.

WARM-UP: See above. Heart rate and/or power should remain low (Zone 1) throughout the majority of the workout.

MAIN SESSION: 2 x [■ 3mins at 100rpm

■ 2mins at 105rpm ■ 1min at 110rpm

■ 30secs at 120rpm ■ 15secs at 130rpm

■ 15secs spinning as fast as you can without bobbing in the saddle ■ 2mins at 90rpm

■ 15secs spinning as fast as you can

■ 15secs at 130rpm ■ 30secs at 120rpm

■ 1min at 110rpm ■ 2mins at 105rpm]

COOL-DOWN: 10mins easy spin.



↑ Develop a smooth, efficient pedalling technique with this sesh

THRESHOLD CRISS-CROSS

DURATION: 1:25hrs

This is a really challenging session that's a good progression once you've put in a consistent block of the 2 x 20min sweet-spot intervals. The main benefit is once again raising your functional threshold, but it also forces your body to 'recover' from a harder effort while still working at a non-recovery pace. Fatigue will build though the sets but, if you pace accurately, they are

manageable, just. It'll teach you an intrinsic feel for above and below your threshold, which, on race day, is invaluable.

WARM-UP: See above.

MAIN SESSION: Use a similar gear and resistance as for the sweet-spot Intervals, but you might need to knock it up a notch for the harder minutes.

■ 10mins alternating 1min Zone 3 (75-84% FTP/83-94% LTHR) with 1min Zone 5 (105-120% FTP/105% + LTHR).

■ 5mins easy spinning recovery.

■ Repeat to complete 4 x 10min criss-cross blocks.

COOL-DOWN: 10mins easy spin.

■ *Short on time? Turn the page for a sub-1hr lung-busting turbo session*