



## Thames Turbo @ Home

I suggest that you do each session in order and only do one of each category each week.

### Technique and cadence session

The idea of this session is to increase your efficiency of pedalling and utilising the full circle of the cranks.

### Week 1

**Warm-up gradually for 10 minutes increasing speed until your heart rate is about 85%.**

Heart rate is not so crucial on this session, but RPM is. Count how many revolutions you are doing by counting every time one leg passes through the bottom part of the pedal action for 6 seconds and multiply by 10 if you don't have a cadence reading display.

	Rpm
<b>Drills 5 X 30 secs Right Leg</b>	70
30 secs Left Leg	70
60 secs Both Legs	100

5 mins spin @ 90rpm

1 min easy

4 mins spin @ 95rpm

1 min easy

3 mins spin @ 100rpm

1 min easy

2 mins spin @ 105rpm

1 min easy

1 mins spin @ 110rpm

5 mins easy

**Cool-down 5 minutes easy**



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### Week 2

Warm-up gradually for 10 minutes increasing speed until your heart rate is about 85%.

Rpm

<b>Drills</b> 5 X 40 secs Right Leg	75
40 secs Left Leg	75
70 secs Both Legs	105

#### **2 Sets of**

5 mins spin @ 95rpm

1 min easy

3 mins spin @ 105rpm

1 min easy

1 mins spin @ 115rpm

1 min easy

**Cool-down 5 minutes easy**

### Week 3

Warm-up gradually for 10 minutes increasing speed until your heart rate to about 85%.

Rpm

<b>Drills</b> 5 X 50 secs Right Leg	80
50 secs Left Leg	80
80 secs Both Legs	110

6 mins spin @ 95 rpm

2 mins easy

5 mins spin @ 100rpm

2 mins easy

4 mins spin @ 105rpm

2 mins easy

3 mins spin @ 110rpm

1 min easy

2 mins spin @ 115rpm

1 min easy

1 min spin @ 120rpm

**Cool-down 5 minutes easy**



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### Week 4

Warm-up gradually for 10 minutes increasing speed until your heart rate to E2b

	Rpm
<b>Drills 4 X 60 secs</b> Right Leg	85
60 secs Left Leg	85
90 secs Both Legs	115

5 mins spin @ 105rpm

1 min easy

3 mins spin @ 115rpm

1 min easy

1 min spin @ 125rpm

2 min easy

**Cool-down 5 minutes easy**



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### Month 2

#### Technique and cadence session

The idea of this session is to increase your efficiency of pedalling and utilising the full circle of the cranks.

#### Week 1

**Warm-up gradually for 10 minutes increasing speed until your heart rate is about 85%.**

High Speed spinning - if hips start bouncing off saddle then reduce rpm to keep them stable

1 min 40 at 100rpm/ with 20 secs at whatever pace is comfortable

1 min 20 at 110rpm/ 40 secs at whatever comfortable

1 min at 120rpm/ 1min at whatever comfortable

40 secs at 130rpm/1min 20 secs at whatever comfortable

20 secs at 140rpm/1min 40 at whatever comfortable

Main 3 x 4 mins Alternate 1 min at 85%, 1 min at 92% (threshold)

2 mins Easy between sets

3 x 4 mins 85% Overgear heavy resistance (Overgear is about 20 rpm slower than your usual cadence in a heavy resistance or gear it helps simulate hills and provides good leg strength. Stay seated throughout).

2 mins Easy between sets

Cool-down 6 mins easy

#### Week 2

**Warm-up gradually for 10 minutes increasing speed until your heart rate to about 85%.**

One-legged sections - maintain highest rpm possible while keeping pedal revolutions smooth.

20 secs Right Leg/ 20 secs Left Leg/1min 20 secs both legs 100rpm

30 secs Right Leg/ 30 secs Left Leg/1min both legs 110rpm

40 secs Right Leg/ 40 secs Left Leg/40 secs both legs 120rpm

50 secs Right Leg/ 50 secs Left Leg/20 secs both legs 130rpm

2 mins easy

Main 3 x 6 mins Alternate 1.5 min at 85%, 1.5 min at 92% (Threshold – this isn't max effort)

2 mins Easy between sets

2 x 5 mins 85% Overgear heavy resistance

2 mins Easy between sets

Cool-down 7 mins Easy



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### Week 3

**Warm-up gradually for 10 minutes increasing speed until your heart rate is 85%**

Main 3 x 8 mins Alternate 2 mins at 85%, 2 mins at 92% (Threshold)  
2 mins Easy between sets  
2 x 6 mins 85% Overgear heavy resistance  
2 mins Easy between sets  
Cool-down 6 mins Easy

### Week 4

**Warm-up gradually for 10 minutes increasing speed until heart rate is up to 85%**

High Speed spinning - if hips start bouncing off saddle then reduce rpm to keep them stable

1 min 40 at 100rpm/ 20 secs at whatever comfortable

1 min 20 at 110rpm/ 40 secs at whatever comfortable

1 min at 120rpm/ 1min at whatever comfortable

40 secs at 130rpm/1min 20 secs at whatever comfortable

20 secs at 140rpm/1min 40 at whatever comfortable

Main 3 x 5 mins Alternate 2 mins at 85%, 3 mins at 92%

2 mins Easy between sets

Cool-down 6 mins Easy