Milford Tritons CC



Winter Turbo Training

RUNNING THE SESSION:

On arrival the key can be collected from the Main Gatehouse. Tell the Security Staff why you are there and that you are from Milford Tritons CC.

They will ask you to sign for the keys and will give you a form that ALL participants will have to sign.

THE MAIN ENTRANCE DOOR MUST NOT BE PROPPED OPEN WITH FIRE EXTINGUISHERS.

The lights for the foyer are clearly visible and the lights for the main hall are through the door at the far end of the hall on the left hand side. Unlock the door and the lights are located on the wall to your right as you enter.

If windows are opened to allow air flow please ensure they are closed before leaving.

Switch off all lights and lock all doors before returning the keys and completed form to the Main Gatehouse.

Introduction to Sessions

Group turbo training during the winter months can help people stay motivated to train / keep fit. Turbo training can also be used to improve cycling fitness by introducing training stresses that cannot be easily replicated when training on the road.

The aim of this winter training program is to build on the weekly weekend rides by supplementing endurance training and introducing speed skills and force (or strength) training elements in addition to technique.

Ideally people should be aiming for a minimum of 3 sessions a week, with some form of cross training being performed in addition to this. Turbo sessions can be used to supplement outdoor rides for any of these 3 sessions if they cannot get out, but an outdoor ride is almost always preferable.

The overall plan for winter training is as follows:

* October, November & December
  + Base training phase – including aerobic, technique and power.
* January, February & March
  + Build training phase – build on the base phase and begin introducing muscular endurance, and anaerobic work.

Turbo Training Schedule

|  |  |
| --- | --- |
| **Week Commencing** | **Tritons Turbo Session** |
| 19 October | Tritons Turbo 4 |
| 26 October | Tritons Turbo 1 |
| 2 November | Tritons Turbo 5 |
| 9 November | Tritons Turbo 3 |
| 16 November | Tritons Turbo 9 |
| 23 November | Tritons Turbo 7 |
| 30 November | Tritons Turbo 2 |
| 7 December | Tritons Turbo 11 |
| 14 December | Tritons Turbo 10 |
| 21 December | Tritons Turbo 6 |
| 28 December | Christmas Break |
| 4 January | Christmas Break |
| 11 January | Tritons Turbo 8 |
| 18 January | Tritons Turbo 12 |
| 25 January | Tritons Turbo 13 |
| 1 February | Tritons Turbo 6 |
| 8 February | Tritons Turbo 9 |
| 15 February | Tritons Turbo 14 |
| 22 February | Tritons Turbo 2 |
| 1 March | Tritons Turbo 4 |
| 8 March | Tritons Turbo 15 |
| 15 March | Tritons Turbo 10 |
| 22 March | Tritons Turbo 16 |
| 29 March | Tritons Turbo 17 |

**Tritons Turbo 1**

**Leg Speed & Technique – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 3 min rest | Easy – small ring / 15 soft pedal |
| 10 x 30 sec leg speed @ 30 sec rest  (Leg Speed) | 1st 10 sec – small ring / 15 – 80-90rpm  2nd 10 sec – small ring / 15 – 90-100rpm  3rd 10 sec – small ring / 15 – 100-120rpm. 30 secs rest |
| 3 min rest | Easy – small ring / 15 soft pedal |
| 10 min x 30 sec one leg drill @ 30 sec rest – alternate legs  (Technique) | Use gear with some resistance. 80-90 rpm  1st 30 seconds, left leg only, 30 secs rest.  2nd 30 seconds, right leg only, 30 secs rest. Repeat 5 times. |
| 3 min rest | Easy – small ring / 15 soft pedal |
| 10 x 40 sec seated to standing @ 20 secs rest  (Technique) | Big ring / 15, 80-90 rpm  10 secs seated, 10 secs standing, 10 secs seated, 10 secs standing  20 secs rest. |
| 3 min rest | Easy – small ring / 15 soft pedal |
| 6 x 15 secs leg speed @ 15 secs rest  (Leg Speed) | 1st 5 sec – small ring / 15 – 100-110rpm  2nd 5 sec – small ring / 15 – 110-120rpm  3rd 5 sec – small ring / 15 – 120-130rpm. 15 secs rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 2**

**Endurance & Leg Speed – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 5 mins, 1 min rest | big ring / 17 – 80-90rpm  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 4 mins, 45 sec rest | big ring / 19 – 90-100rpm  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 3 mins, 30 sec rest | big ring / 21 – 95-100rpm  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 2 mins, 15 sec rest | small ring / 15 – 100-110rpm  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 30 sec build  30 sec rest | 1st 10 sec – small ring / 15 – 100-110rpm  2nd 10 sec – small ring / 15 – 110-120rpm  3rd 10 sec – small ring / 15 – 120-130rpm  15 secs rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 3**

**Force – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 4 x 3 mins, 1 min rest | big ring /21 – 90-100rpm  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 4 x 3 mins, 1 min rest | big ring / 12 – 60-70rpm standing 40 secs, seated 20 secs  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 4 x 3 mins, 1 min rest | big ring / 12 – 60-70rpm seated  small ring / 15 during rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 3 x 30 sec build  30 sec rest | 1st 10 sec – small ring / 15 – 100-110rpm  2nd 10 sec – small ring / 15 – 110-120rpm  3rd 10 sec – small ring / 15 – 120-130rpm  15 secs rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 4**

**Endurance – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 5 min x 30 sec one leg drill alternate legs | Use gear with some resistance. 80-90 rpm  1st 30 seconds, left leg only, 2nd 30 seconds, right leg only. Repeat 5 times. |
| 2 mins | Easy – small ring / 15 soft pedal |
| 1 x 18mins constant effort  If using power / speed, try and keep consistent throughout the interval. | 3 mins @ 100-120rpm  3 mins @ normal rpm (80-90 usually)  3 mins @ 60-70 rpm standing for last half  repeat |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 1 x 12mins | as per 18 mins but 2 min segments |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 1 x 6mins | as per 18 mins but 1 min segments |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 3 x 30 sec build  30 sec rest | 1st 10 sec – small ring / 15 – 100-110rpm  2nd 10 sec – small ring / 15 – 110-120rpm  3rd 10 sec – small ring / 15 – 120-130rpm  15 secs rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 5**

**Leg Speed & Force – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 10 min x 30 sec one leg drill @ 30 sec rest – alternate legs i.e. left, both, right, both | Use gear with some resistance. 80-90 rpm  1st 30 seconds, left leg only, 30 secs rest.  2nd 30 seconds, right leg only, 30 secs rest  Repeat 5 times. |
| 2 mins | Easy – small ring / 15 soft pedal |
| 10 x 15 secs leg speed @ 15 secs rest | 15 sec – small ring / 15 – 110-130rpm, 15 secs rest – same gear |
| 2 mins | Easy – small ring / 15 soft pedal |
| 6 x 1 min hard, 30 secs rest | Big gear / 13 – 75 to 85 rpm.  Rest – small ring / 15 |
| 2 mins | Easy – small ring / 15 soft pedal |
| 6 x 15 sec big gear, 1:15 rest | 15 secs @ starting at 60-70rpm – big gear – high resistance  Rest – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 mins alternating 30 secs 100rpm with 30 secs 80rpm as an extended cool down | Easy gear. Suggest small ring / 15 |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 6**

**Leg Speed – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 10 mins | Single legs – 30 secs left, 30 seconds both, 30 seconds right, 30 seconds both, repeat another 4 times |
| 2 mins | Easy – small ring / 15 soft pedal |
| 5 x 8 mins | 3 mins @ 100+rpm – big ring / 21  2 mins @ normal rpm (lower effort than 3 mins) – big ring / 21  1 mins @ 110-120 rpm – big ring / 23  2 mins easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 3 x 30 sec build  30 sec rest | 1st 10 sec – small ring / 15 – 100-110rpm  2nd 10 sec – small ring / 15 – 110-120rpm  3rd 10 sec – small ring / 15 – 120-130rpm  15 secs rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 7**

**Leg Speed & Force – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 mins | Easy – small ring / 15 soft pedal |
| 5 mins | Alternate 80rpm for 30 secs and 100rpm for 30 secs  Small ring/13 |
| 2 mins | Easy – small ring / 15 soft pedal |
| 6 x 2 mins, 1 min rest | big ring / 15 – 60-70rpm for 2 mins  small ring / 21 90-100rpm+ during 1 min rest |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 6 x 3 mins, 1 min rest | big ring / 15 – 60-70rpm for 3 mins  small ring / 21 90-100rpm+ during 1 min rest |
| 1 min rest | Easy – small ring / 15 soft pedal |
| 4 x 15 sec build  15 sec rest | 1st 5 sec – small ring / 21 – 100-110rpm  2nd 5 sec – small ring / 21 – 110-120rpm  3rd 5 sec – small ring / 21 – 120-130rpm  15 secs rest / soft pedal |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 8**

**Leg Speed & Force – Warm Up/Down - Zone 2. Main Set - Zone 3/4.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 -10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 5 mins | Alternate 80rpm for 30 secs and 100rpm for 30 secs in easy gear |
| 2 mins | Easy – small ring / 15 soft pedal |
| 1 x 18mins | 3 mins @ 90-100rpm – small ring / 12 or big ring / 21  3 mins @ normal rpm (80-90 usually)  3 mins @ 70-80 rpm standing for last half, repeat |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 1 x 12mins | 2 mins @ 100-110rpm – small ring / 12 or big ring / 21  2 mins @ normal rpm (80-90 usually)  2 mins @ 60-70 rpm standing for last half, repeat |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 1 x 6mins | 1 mins @ 110-120rpm – small ring / 12 or big ring / 21  1 mins @ normal rpm (80-90 usually)  1 mins @ 55-60 rpm standing for last half, repeat |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 9**

**Sweet Spot Endurance – Warm Up/Down - Zone 2. Main Set - Zone 4 (just below threshold).**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 min alternating 80 rpm and 100 rpm every 30 secs | Easy – small ring / 15 soft pedal |
| 10 min x 30 sec one leg drill @ 30 sec rest – alternate legs | Use gear with some resistance. 80-90 rpm  1st 30 seconds, left leg only, 30 secs rest.  2nd 30 seconds, right leg only, 30 secs rest  Repeat 5 times. |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 x 5 mins, 1 min rest | big ring / 18 – 80-90rpm 2 mins  big ring / 17 – 80-90rpm 1 min  big ring / 18 – 80-90rpm 2 mins  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 10**

**Sweet Spot Endurance – Warm Up/Down - Zone 2. Main Set - Zone 4 (just below threshold).**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 min alternating 80 rpm and 100 rpm every 30 secs | Easy – small ring / 15 soft pedal |
| 10 min x 45 sec one leg drill @ 15 sec rest – alternate legs | Use gear with some resistance. Aim for 80-90 rpm  1st 45 seconds, left leg only, 15 secs rest.  2nd 45 seconds, right leg only, 15 secs rest  Repeat 5 times. |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 3 x 8 mins, 2 min rest | big ring / 18 – 80-90rpm 2 mins  big ring / 17 – 80-90rpm 1 min  big ring / 18 – 80-90rpm 2 mins  big ring / 17 – 80-90rpm 1 min  big ring / 18 – 80-90rpm 2 mins  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 11**

**Leg Speed – Warm Up/Down - Zone 2. Main Set – Zone 3/4**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest (3) | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest (2) | Easy – small ring / 15 soft pedal |
| 8 x 1 min, Zone 2/3, 80 rpm, 20 secs rest (11) | Suggest big ring, 13 or 14.  Easy – small ring / 15 soft pedal |
| 2 min rest (2) | Easy – small ring / 15 soft pedal |
| 12 x 45 seconds, Zone 2/3, 90 rpm, 15 secs rest (12) | Suggest big ring, 15 or 16.  Easy – small ring / 15 soft pedal |
| 2 min rest (2) | Easy – small ring / 15 soft pedal |
| 16 x 30 seconds, Zone 2/3, 100 rpm, 10 secs rest (11) | Suggest big ring, 19 or 21.  Easy – small ring / 15 soft pedal |
| 2 min rest (2) | Easy – small ring / 15 soft pedal |
| 20 x 15 seconds, Zone 2/3, 110 rpm, 5 secs rest (7) | Suggest small ring / 15 soft pedal |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 12**

**Sweet Spot Endurance – Warm Up/Down - Zone 2. Main Set - Zone 4 (just below threshold).**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 3 x 12 mins, 3 min rest | big ring / 18 – 80-90rpm 2 mins,  big ring / 19 – 90-100rpm 1 min  repeat throughout 12 mins.  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 13**

**Force – Warm Up/Down - Zone 2. Main Set - Zone 2 for recovery. Zone 2 / 5 for intervals.**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up 1 – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| Warm Up 2 – 6 minutes | Big ring / 21 |
| Warm Up 3 – 3 minutes | Big ring / 18 |
| Recover – 3 minutes | Easy – small ring / 15 soft pedal |
| 6 x 6 minutes consisting of: | 20 seconds, all out, hardest gear (zone 5)  40 seconds easy – small ring / 15 soft pedal  5 mins in zone 2 – big ring 19 or 21 |
| Cool Down –10 - 15 mins | Easy – small ring / 15 soft pedal |

Suggested cadence for session is 80-95 for everything but the 20 second intervals. This should be as quick as you can pedal.

If spinning up to 100+ rpm in hardest gear is not possible within the 20 second interval, pick an easier gear.

**Tritons Turbo 14**

**VO2max – Warm Up/Down - Zone 2. Main Set - Zone 4/5**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 3 x 3 mins, 3 min rest | Interval 1 – big ring / 19  Interval 2 – big ring / 17  Interval 1 – big ring / 15  small ring / 15 during rest |
| 6 mins rest | Easy – small ring / 15 soft pedal |
| 3 x 3 mins, 3 min rest | Interval 1 – big ring / 15  Interval 2 – big ring / 17  Interval 1 – big ring / 19  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 15**

**Aerobic Capacity – Warm Up/Down - Zone 2. Main Set - Zone 4/5**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 x 1 mins, 1 min rest | Big ring / 15 during interval  small ring / 15 during rest |
| 4 mins rest | Easy – small ring / 15 soft pedal |
| 5 x 1 mins, 1 min rest | Big ring / 15 during interval  small ring / 15 during rest |
| 4 mins rest | Easy – small ring / 15 soft pedal |
| 5 x 1 mins, 1 min rest | Big ring / 15 during interval  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

**Tritons Turbo 16**

**Aerobic Capacity – Warm Up/Down - Zone 2. Main Set - Zone 4/5**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 6 mins | Big ring / 21 |
| 5 mins | Big ring / 19 |
| 4 mins | Big ring / 18 |
| 3 mins | Big ring / 17 |
| 2 mins | Big ring / 16 |
| 1 min | Big ring / 15 |
| 2 mins | Big ring / 16 |
| 3 mins | Big ring / 17 |
| 4 mins | Big ring / 18 |
| 5 mins | Big ring / 19 |
| 6 mins | Big ring / 21 |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

The benefit from this session is in the second half “on the way back up”.

If a particular part becomes too challenging, maintain the previous intervals gearing.

**Tritons Turbo 17**

**Sweet Spot Endurance – Warm Up/Down - Zone 2. Main Set - Zone 4 (just below threshold).**

|  |  |
| --- | --- |
| Workout Set | Description of Set |
| Warm Up – 5 to 10 mins | Easy – small ring / 15 soft pedal |
| 3 x 30 sec hard @ 30 sec rest | Hard – big ring / 15  Easy – small ring / 15 |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 min alternating 80 rpm and 100 rpm every 30 secs | Easy – small ring / 15 soft pedal |
| 2 min rest | Easy – small ring / 15 soft pedal |
| 5 x 5 mins, 3 min rest | big ring / 18 – 80-90rpm 2 mins  big ring / 17 – 80-90rpm 1 min  big ring / 18 – 80-90rpm 1:45 mins  big ring, hardest gear, sprint – 15 secs  small ring / 15 during rest |
| Cool Down – 5 to 10 mins | Easy – small ring / 15 soft pedal |

Alternate version of Tritons Turbo 9