

# **The Why and How of Turbo Training**

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*Talk and demonstration given to the  
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# Why Turbo Training?

- Winter training
  - Bad weather + dark evenings = potential danger
- High quality training
  - Controlled environment = safety + accuracy
    - Interval training
    - Training at a specific intensity
- Maximum training benefit from minimal time
  - Condense training time
  - More time for the rest of your life!

# What do I need?

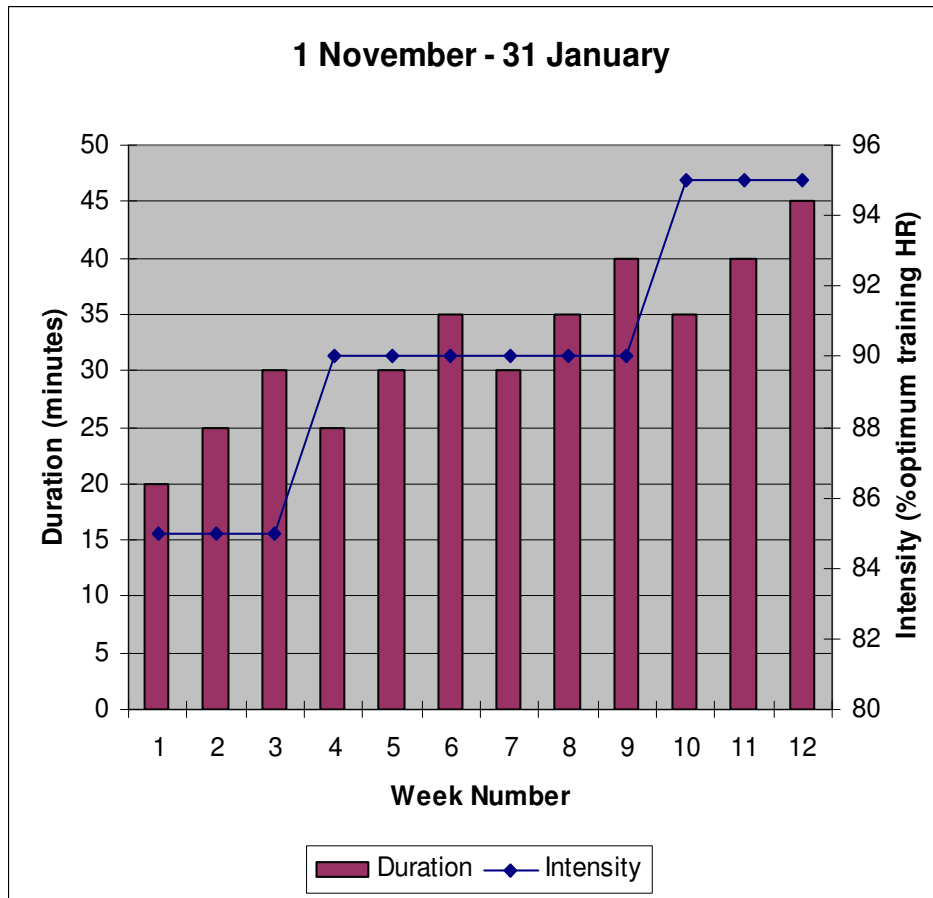
- Turbo trainer!
  - Folding; fixed frame; “Rollerturbo”
  - On-board computer (Cyclosimulator); PC software (Computrainer)
  - Flywheel + Magnetic or fluid resistance (linear – not like road)
- Well-ventilated room
- 16” floor-standing fan
- Towel over bars and frame
- Large analogue “kitchen” clock with second hand
- Training schedule (poster sized, on wall)
- Music and/or videos
- Heart rate monitor (optional)
- Dedicated turbo training bike (optional)
  - Doesn’t need front wheel or brakes

# Turbo Training Programme

- November – January
  - Endurance, both road and turbo
- February – March
  - More speed to complement endurance on road
- April – May
  - Increase intensity to complement racing
- June onwards
  - Interval training to complement racing

# 1 November – 31 January

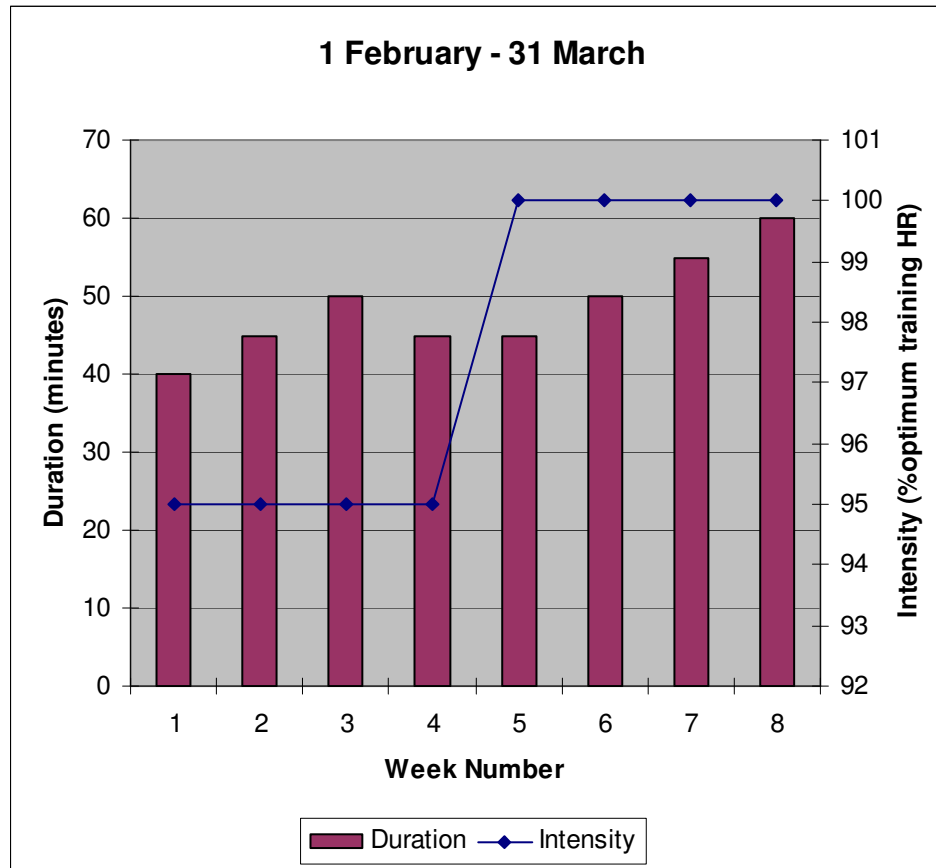
## Two Endurance Sessions Per Week



- Endurance
- Increase distance at one intensity
- Reduce distance while increasing intensity
- Week 7 = Recovery

# 1 February – 31 March

February: One Endurance Session Per Week



- Endurance + Speed
- One session per week continues to increase intensity within endurance training
- Week 4 = Recovery

# 1 February – 31 March

February: One Interval Session Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
15 minutes	Fast riding	90 rpm	95% optimum training rate
5 minutes	Potter on low gear		
10 minutes	Faster riding (bit more effort)	90-95 rpm	100% optimum training rate
5 minutes	Potter on low gear		
5 minutes	Faster riding (bit more effort)	90-95 rpm	100% optimum training rate
10 minutes	Warm down		

# 1 February – 31 March

## March: One Interval Session Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
20 minutes	Fast riding	90 rpm	95% optimum training rate
5 minutes	Potter on low gear		
15 minutes	Faster riding (bit more effort)	90-95 rpm	100% optimum training rate
5 minutes	Potter on low gear		
10 minutes	Faster riding (bit more effort)	90-95 rpm	100% optimum training rate
10 minutes	Warm down		



# 1 April – 31 May

## April: One Interval Session Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
7 minutes	Fast riding	90-95 rpm	95% optimum training rate
2 minutes	Potter on low gear		
6 minutes	Fast riding	95 rpm	97% optimum training rate
2 minutes	Potter on low gear		
5 minutes	Fast riding	95-100 rpm	100% optimum training rate
2 minutes	Potter on low gear		
4 minutes	Fast riding (bit more effort)	100-105 rpm	
2 minutes	Potter on low gear		
3 minutes	Fast riding (bit harder still)	105-110 rpm	
2 minutes	Potter on low gear		
2 minutes	Fast riding	110 rpm	
2 minutes	Potter on low gear		
1 minute	Fast riding (big effort!)	110+ rpm	
10 minutes	Warm down		

- Second session = 60 minute endurance ride, 90-95 rpm at 100% optimum training HR

# 1 April – 31 May

## May: Two Interval Sessions Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
8 minutes	Fast riding	90 rpm	95% optimum training rate
2 minutes	Potter on low gear		
7 minutes	Fast riding	90-95 rpm	95% optimum training rate
2 minutes	Potter on low gear		
6 minutes	Fast riding	95 rpm	97% optimum training rate
2 minutes	Potter on low gear		
5 minutes	Fast riding	95-100 rpm	100% optimum training rate
2 minutes	Potter on low gear		
4 minutes	Fast riding (bit more effort)	100-105 rpm	
2 minutes	Potter on low gear		
3 minutes	Fast riding (bit harder still)	105-110 rpm	
2 minutes	Potter on low gear		
2 minutes	Fast riding	110 rpm	
2 minutes	Potter on low gear		
1 minute	Fast riding (big effort!)	110+ rpm	
10 minutes	Warm down		

# 1 June onwards

- Three Set interval training
  - Two sessions per week
  - Progressively harder
    - Allow minimum of four weeks before moving onto next
- Move back to Session One for two weeks leading up to major event
  - More speed with less fatigue
- Recovery!
  - Over training = overtired + stagnating performance
  - Take FULL WEEK OFF
    - Do just recovery rides (Level 1)

# 1 June onwards – Session One

## Weeks 1-4: Two Interval Sessions Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
5 minutes	Fast riding	100+ rpm	100% optimum training rate
2 minutes	Potter on low gear		
3 x 2 minutes with 30 seconds rest in between	Faster riding	105+ rpm	
2 minutes	Potter on low gear		
6 x 1 minute with 30 seconds rest in between	Faster riding	110+ rpm	
2 minutes	Potter on low gear		
8 x 30 seconds with 30 seconds rest in between	Faster riding	115+ rpm	
10 minutes	Warm down		

# 1 June onwards – Session Two

## Weeks 5-8: Two Interval Sessions Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
5 minutes	Fast riding	100+ rpm	100% optimum training rate
2 minutes	Potter on low gear		
5 x 2 minutes with 30 seconds rest in between	Faster riding	105+ rpm	
2 minutes	Potter on low gear		
10 x 1 minute with 30 seconds rest in between	Faster riding	110+ rpm	
2 minutes	Potter on low gear		
10 x 30 seconds with 30 seconds rest in between	Faster riding	115+ rpm	
10 minutes	Warm down		

# 1 June onwards – Session Three

Weeks 9 onwards: Two Interval Sessions Per Week

Duration	What	Cadence	Heart Rate
10 minutes	Warm up		
5 minutes	Fast riding	100+ rpm	100% optimum training rate
2 minutes	Potter on low gear		
6 x 2 minutes with 30 seconds rest in between	Faster riding	105+ rpm	
2 minutes	Potter on low gear		
12 x 1 minute with 30 seconds rest in between	Faster riding	110+ rpm	
2 minutes	Potter on low gear		
15 x 30 seconds with 30 seconds rest in between	Faster riding	115+ rpm	
10 minutes	Warm down		

# I Hate Turbo Training!

- Tour de France or other race video
  - You have to ride with the winner!
- Watch or listen to a football match
  - Steady riding then
    - Start sprinting at the referee's first whistle...
    - Stop sprinting at the second
- Find a “Boredom Battler” session
  - Internet; magazines; books
- Train with a friend or in a group
  - “Fartlek”: alternate 15” sprints in a 30’ steady ride

# Speed & Endurance Boredom Battler

Arnie Baker, "Smart Cycling", Argo Publishing

Duration	What	Gear	Elapsed Time
10 minutes	Warm up	Easy	10 minutes
11 minutes	Begin at 60rpm/12mph Increase by 5rpm every minute	Easy	21 minutes
3 minutes	Potter on low gear	Easy	24 minutes
2 minutes	55 rpm then stand up	52 x 15	26 minutes
8 minutes	At start of each minute: 80 rpm for 20 strokes then easier for rest of minute Repeat 8 times then sit down	52 x 15	34 minutes
5 minutes	Potter on low gear	Easy	39 minutes
12 minutes	4 minute TT at 85 rpm then 2 minute potter in Easy gear Repeat 2 times	52 x 16	51 minutes
3 minutes	3 minute TT at 85 rpm	52 x 15	54 minutes
3 minutes	Potter on low gear	Easy	57 minutes
1 minute	80 rpm	42 x 17	58 minutes
1 minute	95 rpm	42 x 17	59 minutes
4 minute	110 rpm	42 x 17	63 minutes
5 minutes	Begin at 100 rpm and gradually increase to 140+ rpm	42 x 17	68 minutes
10 minutes	Warm down	Easy	78 minutes