

TURBO SESSION

POWER BLAST (57 mins)

Warm Up

10 mins SMALL RING. Go through gears aim for 80% MAX HR by end.

Main Set

27 mins Shift to BIG RING – low gear / medium resistance

1 min Flat Out (build momentum out of saddle, follow through seated)

3 min Recover in low gear/low resistance

X 10

Cool Down

10 mins Easy Spin – decrease HR.