

Turbo session**TS 5**

Big gear work (Part 2)

*Warm-up:*

10

3 Min build to L1 and hold
4 Min L2
2 Min as 30 seconds Max – 30 seconds Ez
1 Min Ez

Main Set

Notes

35

5 x 7 min as:

2 min big gear RPM 50-60
2 min change down RPH 50-60
2 min change down RPH 50-60
1 min spin Ez

10

10 x 1 min as:
30 seconds out saddle dancing small chaining
15 seconds out saddle grinding big chainring
15 seconds seated Ez

Big effort

60

Cool-down:

5 Min spin