



Favourite indoor turbo training sessions BMC-Vifit Pro Triathlon Team

➤ **Chelsea Sodaro:**

TURBO SESSION: LOW CADENCE LADDER

10-15 min smooth spinning to warm up the legs

6 min build by two minutes - start at strong endurance and build to above 70.3 race pace

5 min easy spinning

MAIN:

5 x 4' at 70.3 effort w/ 4 min smooth endurance in between intervals

Intervals are at 60rpm - 50rpm - 40rpm - 50 rpm - 60 rpm

COOL DOWN:

10 min easy spinning to flush the legs

This is one of my favourite pre-season turbo session. I'm able to get in aero and lock into that low cadence work. I committed to using this season to tackle the bike, and this one is great for endurance and muscle recruitment.

➤ **Emma Pallant:**

Warm up: a nice easy 15mins spin then into 5 x 10secs HARD with 50secs spin between each

Main Set:

1min BEST EFFORT

1min spin

1min BEST EFFORT, 30secs spin, 1min BEST EFFORT

2mins spin

1min BEST EFFORT, 30secs spin, 1min BEST EFFORT, 30secs spin, 1min BEST EFFORT

3mins spin

1min BEST EFFORT, 30secs spin, 1min BEST EFFORT, 30secs spin, 1min BEST EFFORT, 30secs spin,

1min BEST EFFORT

4mins spin

1min BEST EFFORT, 30secs spin, 1min BEST EFFORT, 30secs spin, 1min BEST EFFORT

3mins spin

1min BEST EFFORT, 30secs spin, 1min BEST EFFORT

2mins spin

1min BEST EFFORT

10-15mins nice easy cool down spin

➤ **Katrina Rye:**

Kat's Favourite Indoor Session as discussed in video clip:

Strength/ Big Gear 4 x 10min Intervals.



Total Time: 1hr26mins.

Warm Up: 30mins; 10mins easy, 5 x (30s @120 cadence, 90s easy), 5x (30s @ FTP +100-120W), 90s easy).

Main Set: 4 x 10mins in BG (Big Gear) holding aero position, rest 2mins.

Cool Down: 10mins easy.

Notes: Cadence with BG is 50-60rpm and keep HR under Z4 (ignore watts).

➤ **Patrik Nilsson:**

5-15min warm up

2X10min @ IM-70.3 pace, 1min rest

4min extra rest

10x1min @max, 1min rest

5-15min cool down

It's short and efficient. So you're able to push yourself as hard as you can, but it's still not that long so you're getting bored. "You're always able to do one more minute"

➤ **Kristian Hogenhaug:**

4 x 9,5 min, recovery 3 min.

Done as:

1 as 30 sec very hard(110-120% of FTP) + 15 sec easy

1 as 9,5 min @threshold power 90-100 % FTP

Then repeat.

What I like is the variation in the work out. Starting with the on/off provides a good stimulus of vo2max - keeping the heart rate and also primes the system for the following threshold interval. The variation keeps the mind occupied and naturally divides the Main set into smaller bits

➤ **Max Neumann:**

"In this time when it is hard to train as long as you usually do it is crucial to keep some strength in your legs. So to do this, one of my favourite sessions is a 90min indoor trainer set.

15min warm-up spin

60min as (1min 35-45rpm grind/1min spin)

15min warm down spin

You should finish this session feeling like you have just been to the gym and done some solid quad work. Before you relax after this session though don't forget recovery. Smashing a Vifit Sport Protein shake within 30min of finishing is as important as the set itself"



➤ **Pablo Dapena Gonzalez:**

Focus on quality rather than quantity, in this set it is all about speed and power.

Examples of the main set could be:

12 x 30" hard + 1' easy spin in between

6 x 2' hard + 2' easy spin in between

It is not about the numbers, it is about all you can push during the hard effort

➤ **Ben De Wolf, BMC-Vifit Pro Triathlon Team, Sports Director:**

Total: 2h35'

10' warm-up

6x (10' @ 70% FTP – 5' @ 80% FTP – 2' @ 110% FTP – 5' @ 55% FTP)

13' cool-down