

St Christopher's Cycling Club



Est 1935



Turbo Training

January 2018

(subject to change)

Week 1: 16th January 2018

Turbo Session:

10-15 min progressive warm-up

Pyramid Session:

1 min @ threshold → 1 min recovery

2 min @ threshold → 2 min recovery

3 min @ threshold → 3 min recovery

4 min @ threshold → 4 min recovery

5 min @ threshold → 5 min recovery

4 min @ threshold → 4 min recovery

3 min @ threshold → 3 min recovery

2 min @ threshold → 2 min recovery

1 min @ threshold → 1 min recovery

5-10 min cool down

Circuit Session:

- 2 sets
- 40 sec each exercise
- 20 sec recovery between exercises

Side Plank Left → Side Plank Right → Back Extensions → Squats → Plank → Press Ups → Leg Raises
→ Pelvic Tilt/Bridge → Sit Ups → Lunges/Split Squats → Mountain Climbers

Week 2: 23rd January 2018

Turbo Session:

10-15 min progressive warm-up

GCN Hill Session:

3 min @ 60% → 2 min @ 70% → 1 min @ 80% → 30 sec sprint

20 sec sprint → 40 sec recovery (x5)

5 min recovery

Repeat sprints x 4

10-15 min cool down

Circuit Session:

- 2 sets
- 40 sec each exercise
- 20 sec recovery between exercises

Side Plank Left → Side Plank Right → Back Extensions → Squats → Plank → Press Ups → Leg Raises
→ Pelvic Tilt/Bridge → Sit Ups → Lunges/Split Squats → Mountain Climbers

Week 3: 30th January 2018**Turbo Session:**

10-15 min progressive warm-up

Ramped Intervals:

5 min intervals @ TT pace → increase intensity every 30 secs for the final 2 mins

5 min recovery

Repeat x 4

5-10 min cool down

Circuit Session:

- 2 sets
- 40 sec each exercise
- 20 sec recovery between exercises

Side Plank Left → Side Plank Right → Back Extensions → Squats → Plank → Press Ups → Leg Raises
→ Pelvic Tilt/Bridge → Sit Ups → Lunges/Split Squats → Mountain Climbers