

## Week 1 - Session 1:1

### Kicking things off - setting up the bike yourself and understanding the plan

For this one you'll need to watch the video rather than just read the notes because the video contains your session plan.

See Session 1:1, and all videos on YouTube at

<https://www.youtube.com/playlist?list=PLq5UmsYgnialkad1RjKrXRVYY2qLWP7eY>

If you're already happy with your turbo set up and know what you're doing, then you can skip the training session, and just have a read over the notes to check there's nothing that's new to you in there.

Don't worry about having all the tech side of things set up, this session is just based on perceived exertion, so you can do this session first and then catch up with that after. There's an additional session on your training plan to check the tech set up later.

Today we'll cover:

- Setting up your turbo
- Setting up your bike (bike fit)
- Your position on the bike
- Following the plan – measuring intensity
- Setting training zones/ intensity – **please read the text in purple if you're using HR or power, this deliberately isn't covered in the video and tells you how to set up your training zones**
- Useful kit for turbo sessions

### Setting up your turbo – physical set up

First session is biggest faff. You might not achieve loads in terms of training but it's the foundation for everything that will come. Doesn't need to be perfect, ensure safe and good enough, perfect as go along.

- Make sure you have a flat, stable area (and ensure passing pets, children etc wont get caught in moving parts)
- If using a wheel-on turbo, have a training tyre, not too much friction, should spin freely
- Minimise noise by keeping drive chain straight and setting up on a mat (respect neighbours)
- If possible, have it somewhere cool, out of direct sunlight with a fan pointing at your body

### Bike set up (bike fit)

NB if you've already had a professional bike fit for this bike then unless you've changed a lot (your mobility, or tweaking things on the bike) since then, I wouldn't change your position now.

- Seat height: With your HEEL (not toe) on the pedal at the six o'clock position, your leg should be almost straight and you shouldn't have to shift to reach the pedal.
- Seat fore/aft: When foot at 3 o'clock -front of the knee cap should be in line with axel of peddle (not forwards of it so its covering the toe)
- Handlebar height: Handle bars approx. same height as seat (or higher/lower if prefer)
- Handlebar fore/aft: Should be able to tilt forwards (sitting on sit bones) to reach handle bars.

# 6 week Intro to Turbo Training Plan

- NB Don't start by using the forearm test to set up the bike, MUST start from saddle position.

Important to get it right (more so than outdoor set up in some cases) - 70-100 pedal strokes per minute, all in one plane – no sideways movement or variation, plus no free wheeling, less movement than outdoors, so a poor set up can quickly have a big impact. Those new to cycling but high fitness from another sport e.g. running, could be particularly vulnerable, you'll have the power to keep going but could get injured if set up not right.

## Position on the bike

If you've had a bike fit then it should be good, unless you've changed things a lot since.

- Shoulders should be relaxed, not hunched up to your ears, or rounded forwards - give lungs space to breathe
- Neutral spine - Chest up and your chin down - straight a line as possible through your spine.
- Core engaged - eliminate unnecessary upper-body movement, so that all the energy you produce is delivered into a smooth pedal stroke, and eliminate lower back pain. Can you remove hand(s) from handle bars and maintain position using core?
- Elbows slightly bent, don't lock, act as shock absorbers (if out on the road)
- Change your hand position regularly to reduce muscle fatigue.
- Sit on sit bones, tilt forwards rather than rounding through the back – may take time to get used to if not used to sitting on a bike. Unless on Dutch style sit up bike, avoid temptation to sit on bum as if in a chair, will mean rounding your back too much to reach the handle bars, and once you get used to the sit bones, it's much more supportive.
- Legs relaxed rather than tension in lower legs
- Knees pointing forwards, not collapsing in (if they do, check its not the cleat set up, if using, and pay particular attention to S&C)

If end goal is to get faster then practice in an aero position (drops/ aero bars) but build up to it, don't over do it (feels fine at first, might be a few days before you realise you've over done it). Will cover aero training in more detail in a later session.

Keep checking: Regularly do a mental scan through your body, starting from head down, checking each part of your body to ensure that it is creating the most power for the least effort and protecting your body from injury.

## Following the plan – defining and measuring intensity

Different ways to measure what you're doing (in order of 'sophistication' and cost).

Even if you've got power, it's important to be aware of all the others, so don't tune out now!

- 1) **Perceived effort** (RPE, or rate of perceived effort) – the most important metric, you need to be aware of whatever other metrics you use, but takes experience to judge. If I say ride at 5/10 effort for an hour you're likely to put out far more power at the beginning when you're fresh, than at the end when you're tired. So if the whole set is at the same intensity, I'll often say ride at 5/10 effort, this will feel more like 4/10 effort at the beginning, and 6/10 by the end.

Even if you're training by power or HR, you should still pay attention to RPE, both to check that your zones are set right, and so that you become aware of what it feels like, so that you're able to ride in feel rather than being tied to watch screen, especially if you don't have access to these other metrics when riding outside.

- 2) **Cadence** – cadence isn't a measure of intensity, it's how fast your legs are moving (in RPM, revolutions per minute) but power (how we measure intensity) is a product of torque (in simple terms, what gear you're in or resistance is applied by the trainer) x cadence. But if you stay in the same gear/ resistance and increase leg speed then you're working harder, so if you don't have any other metrics available then a cadence sensor is pretty cheap and it's a good proxy for effort. Cadence is also important because we can limit risk by staying within a safe cadence range (from about 60rpm – 100 rpm, depending on the person and experience) and can work on developing our technical skill by cycling at different cadences.
- 3) **Heart rate** – Another key metric, this shows how hard your body is finding the effort, in the same way as RPE changes for the same power effort (rather than how hard you're working), which is both an advantage and disadvantage. A disadvantage because the most efficient way to train is to keep constant power (not effort) and because it be affected by things like caffeine, sleep or stress and most significantly fatigue, so you'll get a different reading for the same power. An advantage because it can warn you is things are off course (if your heart rate is higher than normal for the same effort, then it's an indication something might be wrong, for example you're getting ill or are over tired or stressed, and need to adjust your training). It's also an advantage because a heart rate monitor (HRM) is looooot cheaper than a power meter so even for those with a smart trainer, might judge effort when outside with a HRM. Bear in mind, if training by HR a strap is usually more accurate than a watch.
- 4) **Power** – the gold standard (ish). This measures the actual power and therefore doesn't change as you get more tired. This means you'll go easier at the beginning of an interval so that you can finish it strong, rather than tiring half-way through. Given it's much more precise you can follow more structured intervals which can keep the training more engaging, and builds accountability. However you need to check that power meters are calibrated (check manufacturers instructions) and be aware two metres may give very different readings so don't rely on a turbo reading to set your power out on the road. If you currently have a standard/ non smart trainer, and are thinking of investing in power, personally I would get a power metre for my bike, rather than a smart trainer, so that you can also use it outside.

## Following the plan – setting up your training zones / intensity

This week's sessions are very simple whilst we get you used to being on the bike and go through the basics but as the sessions get more structured you'll see that each session gives you a range for how things should feel.

Each workout is written in power for those who are using smart trainers or playing the session direct to a watch bike computer to follow the session. Given that power can be measured precisely the sessions sometimes have some graded steps to follow. This is more about user engagement than very precise physical adaptations, so if you don't have a smart trainer, or don't want to pay this degree of attention, then don't worry!

## Other useful kit to have to hand:

- Have a box/ bag with kit so ready – considerate of those live with vs ready to go
- Extension leads (don't trip)
- Mat etc
- Protect the bike from sweat with a towel or sweat guard over any parts that sweat will drip onto
- Decide how you'll view the training session (on paper, bike computer, towel, laptop etc) and have that in view.
- Towel for you
- Bike shorts (with padded 'chammy' strongly recommended), top optional (loose fitting vs tight)
- Chammy cream
- Bag with other kit – for me – HRM, earphones, nutrition and electrolytes (will cover), water x 2, notebook (thoughts, questions), sweat band



## Session 1:2

### Following a plan

- Sessions are a mix of aerobic and sweet spot – progressive plan, little bit more/ bit harder each week
- Turbo sessions on Monday, Wednesday and Friday (just 2 sessions in week 1)
- S&C – It's up to you how much you do, I would recommend at least twice a week. I've added a Club Feel Fit on Demand session on Saturday but feel free to do what suits you best.
- **Can you move the days?**
- Yes, but make sure you plan your sessions at the beginning of each week so they happen – put them in a diary. And ensure enough rest between sessions
- If you're using the free version of Training Peaks you can't move sessions in advance but
  - Add a note to the session saying when you plan to do it to keep track
  - Can drag the sessions after it's happened (e.g. move to the weekend) - <https://help.trainingpeaks.com/hc/en-us/articles/204072164-How-do-I-move-a-workout->

### Recording sessions on Training Peaks

- Sessions will go green after you complete them, or red if you don't. To show that you've done the session either upload the data if recording HR etc, or just 'mark as completed' on the app
- If gone yellow instead – it may be that you did a session of a slightly different time or intensity to what was planned, so it goes yellow rather than green. Or Training Peaks has matched the wrong sessions up (it has a habit of doing this!). Don't worry, *you* still know that you did it, or if you want, you can unpair and rematch them - <https://help.trainingpeaks.com/hc/en-us/articles/115002250311-How-can-I-pair-and-unpair-my-planned-and-completed-workouts->
- If you get a Premium account you can move sessions about but generally it's not worth it unless you're planning to use Training Peaks for analysis of your training (which it's great for but takes some background knowledge of what you're looking for)
- The Training Peaks help section is great, but their search is not (so search via Google)
- Add notes to the session or on a Sunday for your use, good to capture learnings etc (and to capture any questions for your coaching call)
- See FAQs section of my website for lots of answers to some of the most common questions clients ask me about using Training Peaks - <https://www.feelfitwithlucy.co.uk/faqs>

### If you miss a session

- If it's just one session, then you can probably fit it in on the next free day, but in general, if it's gone, it's gone, don't carry it over to the next week or you'll end up with too much to do in one go.
- **If you're ill or injured, don't train**, just restart when you're sure you're ready. If you just missed one or two sessions you should be ok to jump in to the relevant day (and don't try and make up the missed sessions)
- If you've missed more than a week, given that the sessions are progressive, you might find it quite hard to jump back in where the plan is up to. So either go back to the last session you did and repeat that, and pick up from there, or if that gets too confusing you could try doing a session to bridge

between what you last did and what you are due to do, but beware of doing too much too soon and making yourself ill/injured again.

## **Mixing with running, outdoor cycling or other sports**

- Yes, fine to add in other sessions, find a structure that works for you. You're generally more vulnerable to running injuries (because of the impact) so try and avoid doing long runs on tired legs (so schedule runs for after the easier turbo sessions, until you get used to them). And if you're new to S&C and might be a bit stiff after S&C, again watch out for running on tight muscles, take a rest day and/or do some mobility work first.

## **Tips to make sure you actually get the training done**

- Leave as much as possible set up in advance (go back to my kit list from the previous session)
- Build accountability - tell others you're doing it.
- Ideally plan your week on a Sunday/ Monday so you know when all the sessions you're planning will fit in and put them in your diary so you don't forget them
- And where you need to plan with others (for child care, space etc) schedule it in so it works for everyone
- Try and get the sessions done before other things get in the way, so first thing if that works for you, or as soon as you finish work (rather than sitting down on the sofa, and then finding it really hard to get back up and do the session)
- If you're feeling tight, do some mobility work before the sessions, see Club Feel Fit for ideas.
- Make time for stretching tight muscles, it doesn't have to be done right after, but the advantage of doing it straight after is it becomes part of your routine and you know you've done it!