

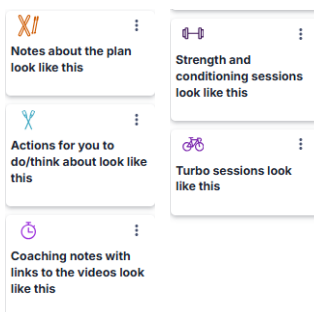
Welcome to your Intro to Turbo Training Plan!

I look forward to training with you.

Note – I first wrote and recorded this plan during the first Covid lockdown. I've tried to remove those references but I might have missed a few, apologies. I've also removed some videos and changed the order, and again I might have missed some of the references to the other sessions or days etc, sorry again!

Follow these steps to get started.

1. Follow the training plan!



Log in to Training Peaks (<https://app.trainingpeaks.com/> or download the app from your app store). If you look at the first day of your plan you'll see a key to the type of sessions you'll find on there.

And then look at the first training session on your plan. Each session has

- a turbo training session – usually structured in terms of power (the first session is just effort), plus instructions on how to follow it in terms of perceived effort and heart rate
- coaching notes, which you can choose to access either as document online or a video where I talk you through what to focus on in that session as you do it (the coaching usually just lasts for the beginning of the session).

I'd suggest following the videos, we all have the best intention of reading the notes but from my experience it often doesn't happen! But if you miss anything on the video you have the written notes to come back to.

FAQS

What if I cant do the sessions on the programmed days

It's fine to move sessions about. If you have the free version of Training Peaks you can only move sessions after they've happened but many turbo apps will allow to scroll through to future sessions and load them up anyway.

If your app doesn't allow this then you may need to work a week ahead so you can load sessions from the past. Or you can take out [Training Peaks Premium](#) which allows you to move sessions as much as you like.

What if I want to do more cycle training sessions

You can supplement the training plan with outdoor rides, free rides or repeat previous sessions from the plan.

What if I want to do less training sessions

It's fine to do less, you need to find the right balance for you.

I've done the session but it's still red on Training Peaks

If you do the session on a different day then it won't show as green on Training Peaks. Don't worry, your legs still know you've trained! But if you want the session to go green then just drag and drop the training session on top of the session you did (using the desktop app). If it's paired up the wrong session you can click the top right hand corner of the wrongly paired sessions to unpair and then drag and drop to repair.

Tips for success

1. I'll cover this in much more detail through the course, **but I would strongly advise you to put your training sessions into your diary**. Whether you keep to the days set in the plan or not (I'll cover that more in session 1:2), schedule it in to make sure that it happens.
2. **Use the power of habits** to get the sessions done – try and do the sessions at a set time or after a set trigger (eg when get up, when get home). If you're struggling use a reward such as your favourite podcast to listen to during the session and make it easier (shorter, lower intensity).
3. **Set up as much as possible in advance**. Ideally leave your bike set up on the turbo. If that's not an option you can still get clothes and hydration/ nutrition out in advance, line up something to listen to (including the videos for this plan) etc.

Introduction to Turbo Training - Session plans and coaching content



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|--------------------|---------|--|----------|--|-------------------------|
| Week 1 | | | Session 1:1 | | Session 1:2 | |
| Training session | | | 1) Easy aerobic, 35 mins (based on perceived exertion, no tech needed) 2) Tech set up trial | | Easy aerobic, 60 mins | Club Feel Fit on Demand |
| Coaching content | | | - Setting up turbo and plan - Defining intensity | | - Following a plan - Using Training Peaks | |
| Week 2 | Session 2:1 | | Session 2:2 | | Session 2:3 | |
| Training session | Easy aerobic – | | Sweet Spot | | Easy aerobic | Club Feel Fit on Demand |
| Coaching content | Pedal technique | | Introduction to Sweet Spot and Lactate Threshold | | | |
| Week 3 | Session 3:1 | | Session 3:2 | | Session 3:3 | |
| Training session | Easy aerobic | | Sweet Spot | | Easy aerobic | Club Feel Fit on Demand |
| Coaching content | Cadence | | Reviewing cadence | | | |

Feel Fit with Lucy: 1 to 1 triathlon coaching and bespoke training plans.
 Contact Lucy on 07966 969 335 / lucy@feelfitwithlucy.co.uk / @feelfitwithlucy

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--|---------|---------------------------------------|----------|---|-------------------------|
| Week 4 (rest week) | Session 4:1 | | Session 4:2 | | Session 4:3 | |
| Training session | Easy aerobic | | Sweet Spot | | Easy aerobic | Club Feel Fit on Demand |
| Coaching content | <ul style="list-style-type: none"> - Getting aero - Descending principles - Micro-bursts (optional) | | Sports psychology tips and techniques | | | |
| Week 5 | Session 5:1 | | Session 5:2 | | Session 5:3 | |
| Training session | Easy aerobic | | Sweet Spot - 60 | | Easy aerobic | Club Feel Fit on Demand |
| Coaching content | <ul style="list-style-type: none"> - Hill climbing | - | Hill climbing at Sweet Spot | | | |
| Week 6 | Session 6:1 | | Session 6:2 | | Session 6:3 | |
| Training session | Easy aerobic – 60 | | Sweet Spot – 60 | | Easy aerobic – 60 | Club Feel Fit on Demand |
| Coaching content | Reviewing the last 6 weeks | | (No additional coaching) | | <ul style="list-style-type: none"> - Wrapping up - Where to go next | |