

General set up – read this before the first session

In session 1:1 I talk you through the general set up advice, so refer to session 1 notes for info on all the following:

- Setting up your turbo
- Setting up your bike (bike fit)
- Useful kit for turbo sessions
- Your position on the bike
- Setting intensity
- More on tech options
- More on the following plan

NB I don't talk you through how to set up the turbo itself, there's faaaar too many different makes and set ups for me to be able to advise on that. If you're having problems setting things up then try Google, there's hundreds of resources out there.

Following the session:

You can either do the session on RPE (perceived exertion) where you read my description of the effort level and adjust your pedalling until you feel you are matching the suggested effort level. **This is always an option, even if you do have power, just pedal and record rather than loading up the session.**

Or you can do it by Power – NON ERG mode: You sync the sessions I've written to your trainer and it will tell you what power to aim and you'll need to adjust either resistance (usually via gears) or cadence (pedal speed) to reach the required power. Check your turbo instructions on how to turn off ERG Mode (if using just a power meter, you won't have this option anyway).

Most turbos also have the option of training by Power in ERG mode (where you sync the sessions I've written to your trainer and your trainer will adjust the resistance based on your cadence (pedal speed) in order to meet the required power).

I don't recommend you use ERG mode for the mid-week sessions, the idea is that you are learning how to control these variables yourself (plus when in ERG mode you'll often find yourself stuck in the ERG trap, where you start pedaling slower so it ramps up the resistance and pretty soon you can hardly turn the pedals). There's more on when to use ERG at the end of the document.

If training by power (ERG or non ERG) you will need to add your FTP so the training zones are set right for you. You can estimate it here: www.feelfitwithlucy.co.uk/functional-threshold-power-estimator. If the effort level doesn't correspond to what I've said it should feel like then tweak it by a few watts.

** Then follow the separate notes to update this on Training Peaks and your own training software**

Tech set up (i.e. getting data going from and to the right places)

Dumb trainer (i.e. not using power) with no added gadgets?

Remember you don't *need* any data involved to follow the plan. You can simply look at the instructions on the plan and follow it based on RPE (perceived exertion). If this is your case the one bit of 'tech' I would advise is a stop watch (on your phone or watch is fine) to time your intervals and somewhere you can see the session plan (one your phone or written out). Other than that, you're good to go, and can feel smug about not needing to read the rest of this!

Smart trainer (i.e. uses power and adjusts the resistance to your pedal stroke to match the power requirements of the workout). Or power meter/some Watt Bikes (i.e. uses power, but doesn't adjust resistance)

For your first session you don't need the tech side of things (if using) to be set up, you just need to set up the bike itself. But at some stage in the first week, I'd advise getting this stuff set up.

NB if you're still waiting for kit to come, don't wait for it! Start off doing the sessions based on perceived effort, and then add in the tech as it arrives.

What are you trying to connect?

It helps to be clear what you're trying to connect to what, and why i.e. what data is going in which direction and therefore what needs to talk to what, and what they're going to do that via, both in terms of apps or hardware and also protocols such as Bluetooth or Ant+.

If using Bluetooth bear in mind Bluetooth devices can only pair to one receiver at a time, so if they're already paired somewhere else, you might not be able to connect.

And if using Ant+ not all phones/tablets have Ant+ installed so you may need an Ant+ dongle.

If you don't find the answer below then try the Training Peaks help section, or contact them direct. They've got a great help section, but a useless search so I find it best to search via Google. Or where it's more to do with your device, try the help section for that device.

Getting the training session from Training Peaks to where you want to view it and connect to your turbo:

To view and record what power you're putting out you need to sync them up. On a Garmin it's usually via Settings/ Accessories/ Add new and then search for the name of the product or something listed as PWR or HR.

To upload the completed session back to Training Peaks afterwards you'll then need to sync up whatever you recorded it on to Training Peaks. In most cases the link above for setting up the link from the training plan to your device will cover that. Otherwise try the Training Peaks help section.

- Syncing TP to your watch/ Garmin - see <https://www.trainingpeaks.com/coach-blog/garmin-connect-autosync-integration/>

- For wahoo see - <https://help.trainingpeaks.com/hc/en-us/articles/115001167492-Wahoo-Element-and-Element-Bolt-Planned-workout-sync>

- Zwift - see - <https://www.trainingpeaks.com/blog/a-quick-how-to-guide-for-trainingpeaks-zwifters>

For other makes search Training Peaks help section.

Using an app

There's hundreds of other ways of connecting the session to your turbo and running sessions e.g. via the App that comes with a smart trainer, via Zwift etc. These are not essential but can help improve the user experience through the use of virtual environments to train in, or more interesting displays of the data from the training session. They can also allow you to use a speed-cadence sensor to estimate power.

If using Zwift for structured indoor bike intervals (rather than Zwift rides or races) set trainer difficulty to 0 so that the power doesn't vary depending on the gradient/ draft etc, making it much easier to hold constant power. And try not to do every session via Zwift, especially if training for long races, finding the mental skills to keep yourself motivated on long training sessions will be invaluable.

Viewing the session

If you're not using Zwift or similar, then to view the data whilst you're doing it then set up the relevant info on your watch/computer screen.

Basic info

- time elapsed
- current power and/or HR zone (and HR if you like) or (if using as a proxy for effort) cadence

If you have lap function then also:

- lap time
- lap power/ lap HR zone/ lap cadence – the average during that interval so you can see how you're doing through the interval, not just at the second you look down
- you may also want last lap power to review how you did after the interval (useful on harder intervals)

Some other useful fields:

- cadence
- total time
- time of day (if you have a call you need to be on time for!)

To ERG or not to ERG

Most modern trainers have an ERG mode where the trainer will control the intensity. e.g. if you drop your cadence it will increase the resistance to maintain power etc. There's pros and cons to using it.

My suggestions:

Use it for:

- ~ Shortish (2 min intervals) - generally I'd use it to save faffing with gears all the time.
- ~ Z2 - unless doing a technical session or focussing specifically on cadence etc then turn it on and enjoy Netflix etc
- ~ On for Zwift races and rides etc

Beginner Turbo Training Plan

Don't use it for:

~ For very short intervals (dependent on your turbo), sometimes the turbo often won't kick in fast enough so you'll miss a lot of the interval.

~ FTP tests

Use sparingly:

~ Longer intervals - turn it off so you have to focus on maintaining the power, cadence etc yourself. You're training for out on the road and there's no ERG out there, so you need to get good at holding power.

~ If tired – avoid getting stuck in the ERG rut where you slow your legs as you tire and it then increases resistance, and you end up with your legs cycling slower and slower through treacle.