

## INDOOR WATTBIKE WEEKLY CYCLE SESSION

With the winter now firmly in our midst, we wanted to show you how to get the best out of your cycle training, indoors on the wattbikes. If you don't have a Wattbike, use any indoor trainer or gym bike for this session

### Monday

- Set the level on the Wattbike to 1 on the AIR and 3 on the MAG
- Start with a 20 minute warm-up period, easy spin – try keep the cadence around 65
- Next up 10 x 20 second hard out the saddle sprints (level AIR resistance on 1 but put MAG resistance on 3 for the sprints – go super hard – then relax and spin easy for 40 seconds
- Next up - AIR level on 5 and MAG on 1 – 5 x 3 minutes consistent cycling moderate to hard effort with 2 minutes easy recovery after each hard effort
- Last to follow is 15 minutes cool down on Level 1 for both AIR and MAG

*Total duration 60 minutes*

### Tuesday

- 10 minutes easy warm-up level 1 AIR and MAG
- Do 5 x 30 seconds left leg only pedal (right foot is out the pedal and leg hangs next to bike) then switch over and do 30 seconds right leg only (this is for technical work)
- Then do 10 minutes level 5 AIR level 5 MAG – moderate effort – more a grinding effort
- Then do 30 minutes level 1 AIR level 3 MAG – keep cadence above 80
- 5 minutes easy cool down on level 1 MAG and AIR

*Total Duration 60 minutes*

### Wednesday

- 5 minutes easy warm-up spin
- Then set level to 1 AIR and level 3 MAG
- Time trial for 20-30km at moderate to hard effort – take time taken for this distance and save these stats for future use

*Total Duration 60 minutes*

### Thursday

- REST DAY from the WATTBIKE – can do some core gym work to strengthen the leg muscles for cycling and your mid waist area with situps and planks (30 mins)

### Friday

- Warm-up 20 minutes easy on Level 1 AIR and MAG
- 20 x 20 second hard sprints on level 3 AIR and MAG with 40 seconds recovery spin easy
- 5 x 60 second hard efforts on level 1 AIR level 3 MAG with 60 secs easy spin after each one
- 10 minutes easy cool down level 1 AIR and MAG

*Total Duration 60 minutes*