## INDOOR/OUTDOOR SESSION 20 minute warm-up


(3) Relax and recover 00:20:00


At British Cycling all levels of riders use the twenty minute warm up routine. The aim of the session is to progressively increase the intensity, culminating in some very intense six second efforts. To enable you to carry it out effectively you will need, a bike and a turbo trainer with the ability to measure cadence. You could also use a wattbike, a bike on rollers or a static bike in a gym. As part of your sportive training plan, you can use the twenty minute warm-up as a warm-up for intense turbo sessions, or if repeated, as a workout in itself. Use a relatively high gear, but one that allows use of the same gear throughout. Example: large chainring, halfway up the rear cassette.

