OUTDOOR TRAINER SESSIONS

Pre Event Ride

Warm up: WU

Overview

Terrain: Flat.

Zones: The majority of the ride should be HRZ/PZ 1, cadence 90-100 rpm. Follow instructions for the spin-ups.

Why

- During a taper and, especially if you have travelled to an event, if you don’t ride the day before, it can leave your legs feeling heavy and unresponsive.
- This session, including some high revving but low load spin-ups, is brilliant for putting the fizz back in your legs and gives you a chance to give your bike a final pre-event check.

When

The day before any target event or if you just need a light energising leg loosener.

Focus

- On the spin-ups, keep the upper body as stable as possible, there should be limited movement.
- Keep the gear low, the aim isn’t to produce a lot of power.
- If you are bobbing in the saddle, lower your cadence slightly to stop this and regain control.

Repeat for a total of 4 times

TOTAL TIME: 01.00.00