

# Triathlon Scotland Coaching Conference 2016

Turbo training – effective planning,  
equipment and how to keep it  
interesting!

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# Outcomes for today

- Understand the different equipment options available and how best to use them
- Improve how you plan and evaluate your sessions
- How to keep it interesting

# Equipment options

- Turbo
  - Fan
  - Magnetic
  - Fluid
  - Adjustable / fixed
- Rollers
- Simulators / programmable devices

# How good can you get on rollers?

<https://www.facebook.com/craig.moffat.52/videos/10207649985625438/>

# Session Planning & content

- Key points
  - Focus / purpose of session
  - Structure - content
  - Timing – accurate
  - Evaluation – achieved purpose, progressive?



# Intensity scoring matrix

Points per min	Effort	Borg scale	Used for
1	Easy	< 11	Recovery
2	Steady	12-13	Warm up / LSD
3	Tempo	14-15	LSD / sustained effort
4	Hard	16-17	Threshold
5	V Hard	18-19	LT
6	Max effort	20	Max

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<u>POINTS</u>	<u>TIME (Mins)</u>	<u>CONTENT</u>	<u>NOTES</u>
		W/UP	
5	5	Easy spin, build to 90rpm	Build HR from rest to 130-140ish
11	5	Progressively faster / harder	Raise effort from 11 to 14, HR around 160ish
		Set 1	
60	24	6 x 3mins BR Cad 90 1min each at effort 12,14 & 16 1min rest	Keep relaxed, build effort using gear adjustment Easy spin at effort 10
4	2	2mins steady	
		Set 2	
12	4	4 x 15secs flat out 45 recovery - Big ring, easy gear Stand up to start efforts	Recovery in small ring, cad 90ish, flat out 110+
4	2	2mins steady	
		Set 3	
80	20	10 x 1min V hard, 1 min steady Big ring, cad 90+ easy spin on small ring	Control effort, on hard efforts keep cadence at 90+, use gears to increase effort through set if needed. HR should climb steadily through set.

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