

Your Indoor Training Plan

TORQ's Turbo Training Resource provides you with three effective sessions - including a warm up and cool down - to maximise your winter training, using simple and easy to follow infographics.



Turbo Sessions

TORQ have been educating and coaching athletes/physically active people through our Performance Consultancy since 1999 as well as developing a range of Performance Nutrition products to cover all exercise scenarios. As the conditions outdoors deteriorate during the winter, indoor training naturally becomes an increasingly popular method of exercise, so we've compiled this document based on our experience and expertise to help you stay tuned over the bleak winter months.

We have designed 3 indoor turbo training sessions focussing on the development of speed, power and muscular endurance as well as incorporating 1 or 2 lower intensity steady state endurance rides to be performed outdoors on the weekend.

Completing TORQ's Turbo Sessions

RPE means 'Rating of Perceived Exertion' and is a subjective measure of perceived effort. The harder you work, the higher your RPE should be. As you complete these sessions more frequently, you should get a better feel for your RPE, making your intensity easier to judge. Refer to the RPE scale on this document whilst performing these sessions, and constantly match your level of exertion to the RPE number scale. RPE 1 feels effortless & RPE 12 is maximal and hurts very much!

Begin each workout by following the "10 Minute Warm Up" session.



Work clockwise around the session template, noting interval & rest times.



Monitor interval effort & ensure you are using the RPE continuum correctly.



Follow the "5 Minute Cool Down" Session Template to complete your workout.



TORQ Turbo Session Progression

Factoring-in progression starts with the number of sessions you perform per week. It's very important that you assess your own fitness level accurately – you gain nothing from working too hard when you're not ready for it.

Fitness Level - Low

Mo Tu We Th Fr Sa Su

Begin with 3 sessions per week. We would suggest following the schedule, but only doing Tuesday, Thursday and Sunday's sessions.

Fitness Level - Medium

Mo Tu We Th Fr Sa Su

Follow Tuesday, Wednesday and Thursday's Turbo sessions and do 1 steady ride on either Saturday or Sunday, but not both.

Fitness Level - High

Mo Tu We Th Fr Sa Su

Perform all sessions on the plan. As you get fitter, try extending the duration of your weekend rides.

30 Minute Session

45 Minute Session

60 Minute Session

Endurance Ride

Day Off

You can also add progression to our Turbo sessions by increasing the number of times you work clock-wise around the turbo session template. If you decide to do this, ensure you treat yourself to a well-earned, 5-minute active recovery before completing your next block of intervals.

Fuelling

torqfitness.co.uk/tfs

As exercise duration increases, for example, the longer outdoor rides scheduled at the weekends, hydration tends to become less important as perspiration rates are lower due to the winter outdoor environment having a cooling effect and the exercise intensity being lower.

These longer efforts require diligent fuelling as well as hydration maintenance, so you should shift from TORQ Hypotonic to TORQ's Fuelling System products (TORQ Energy Drink, Gels, Bars and Chews).

Regular fuelling provides the energy your body needs to train harder, for longer.



Recovery

torqfitness.co.uk/trs

The higher the training load, the greater the need for specialised fuelling and recovery products.

Please take the time to scan this QR code to learn more about the recovery process, and the products we have which support higher training loads.

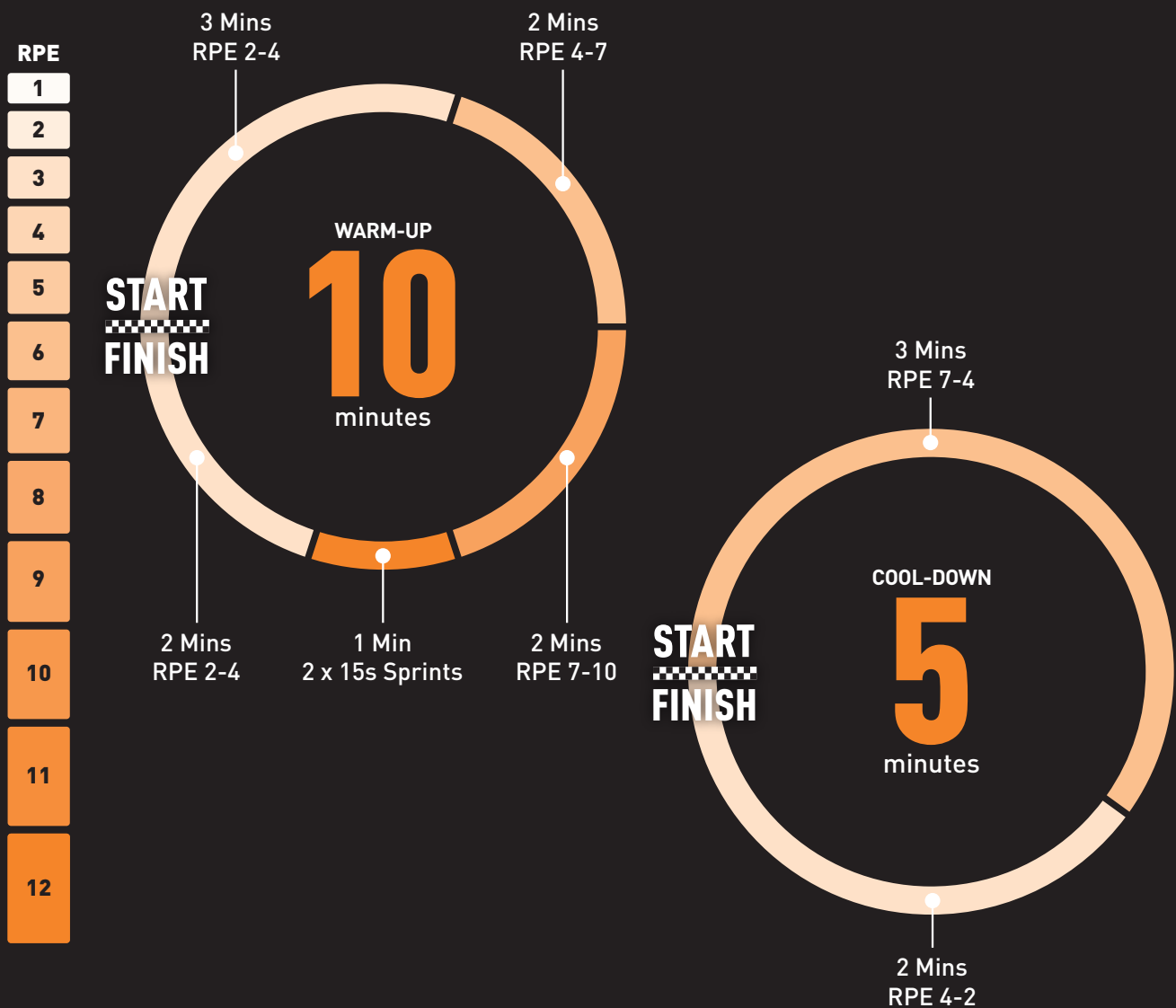


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Warm-up & Cool-down



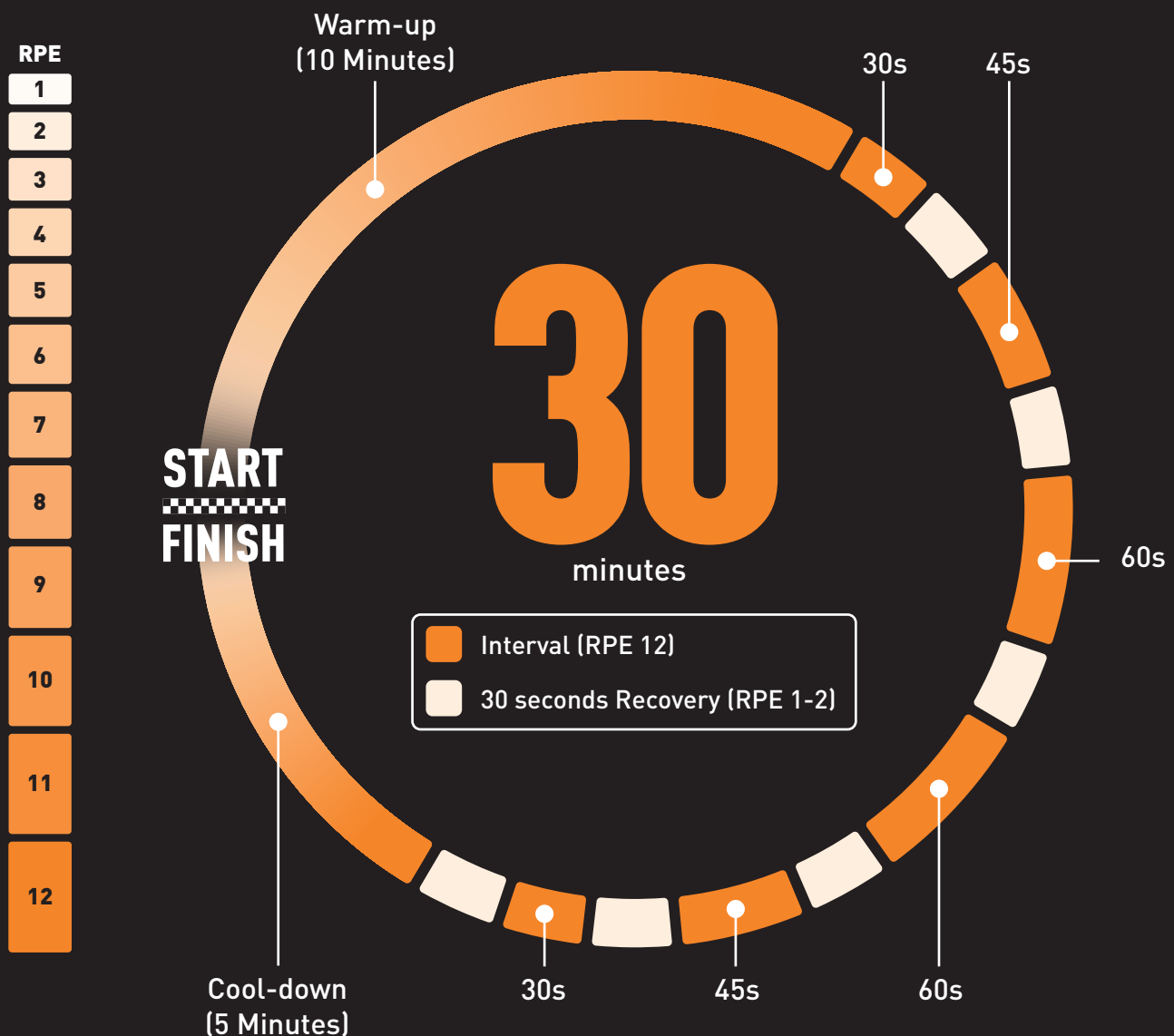
10 Minute Standardised Warm-up

- 1 – 3 Minutes (RPE 2 - 4)
- 3 – 5 Minutes (RPE 4 - 7)
- 5 – 7 Minutes (RPE 7 - 10)
- 7 – 8 Minutes 2 x 15 Second Sprints
- 8 – 10 Minutes (RPE 2 - 4)

5 Minute Standardised Cool-down

- 5 - 3 Minutes (RPE 7 - 4)
- 3 - 1 Minutes (RPE 4 - 2)

30 Minute Anaerobic Power



15 Minute Main Session (Repeat x2)

30 Second Interval

30 Second Recovery

45 Second Interval

30 Second Recovery

60 Second Interval

30 Second Recovery

60 Second Interval

30 Second Recovery

45 Second Interval

30 Second Recovery

30 Second Interval

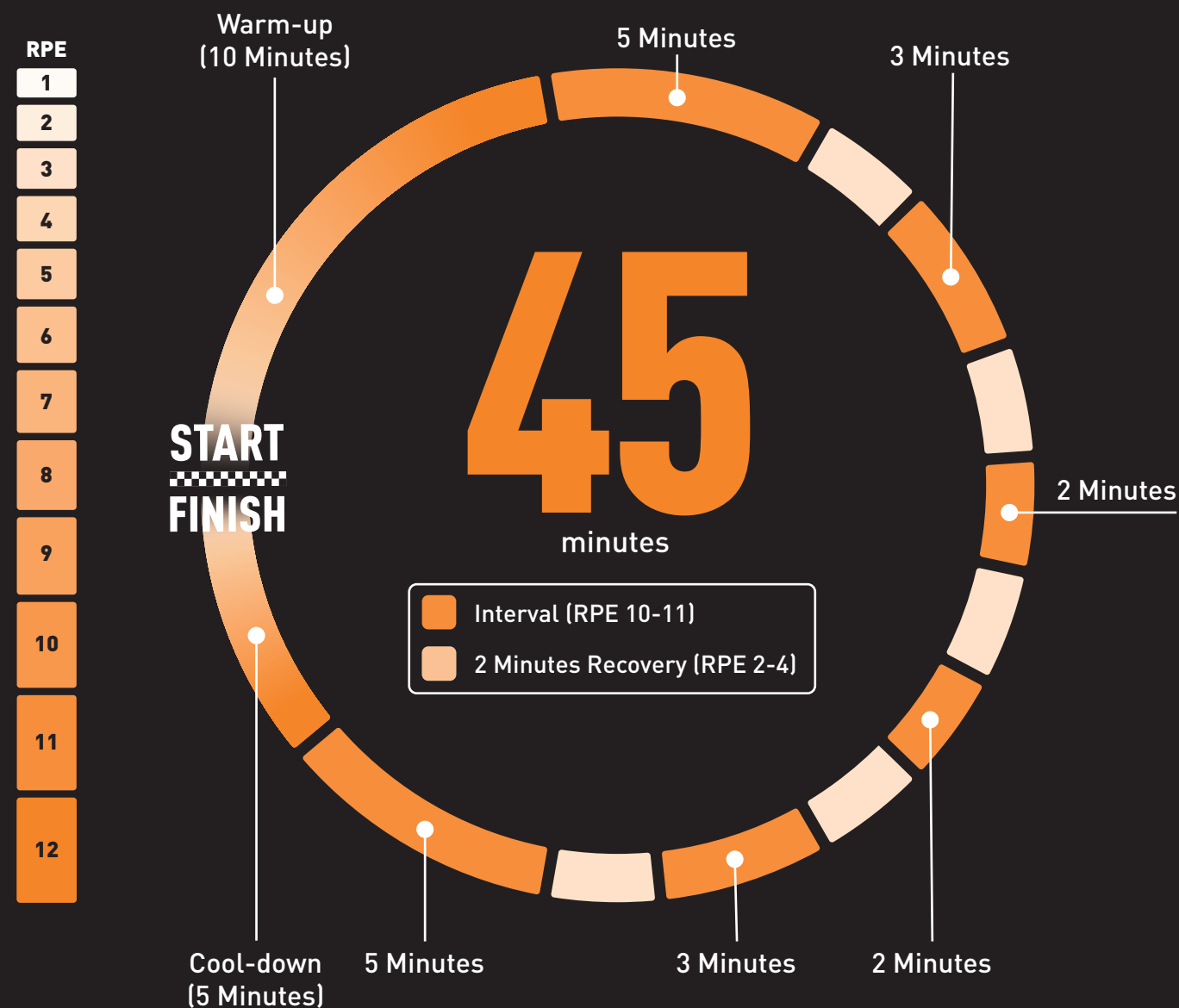
30 Second Recovery

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45 Minute Anaerobic Threshold

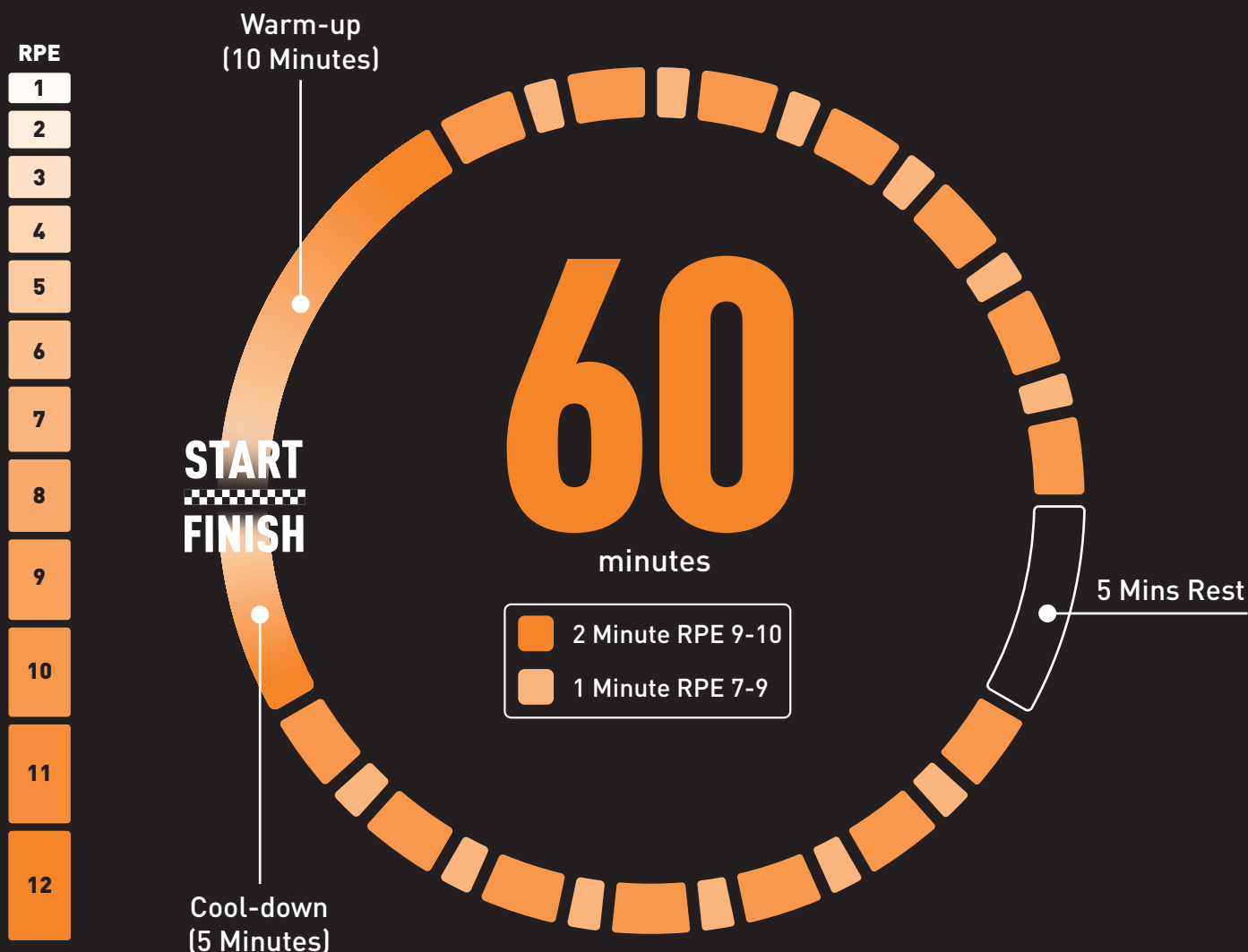


45 Minute Main Session

5 Minute Interval
2 Minute Recovery
3 Minute Interval
2 Minute Recovery
2 Minute Interval
2 Minute Recovery

2 Minute Interval
2 Minute Recovery
3 Minute Interval
2 Minute Recovery
5 Minute Interval

60 Minute Sweet Spot



45 Minute Main Session

2 Minute High Interval (RPE 9 – 10) } Repeat 7x
1 Minute Low Interval (RPE 7 – 9) }

5 Minute Rest Period

2 Minute High Interval (RPE 9 – 10) } Repeat 7x
1 Minute Low Interval (RPE 7 – 9) }

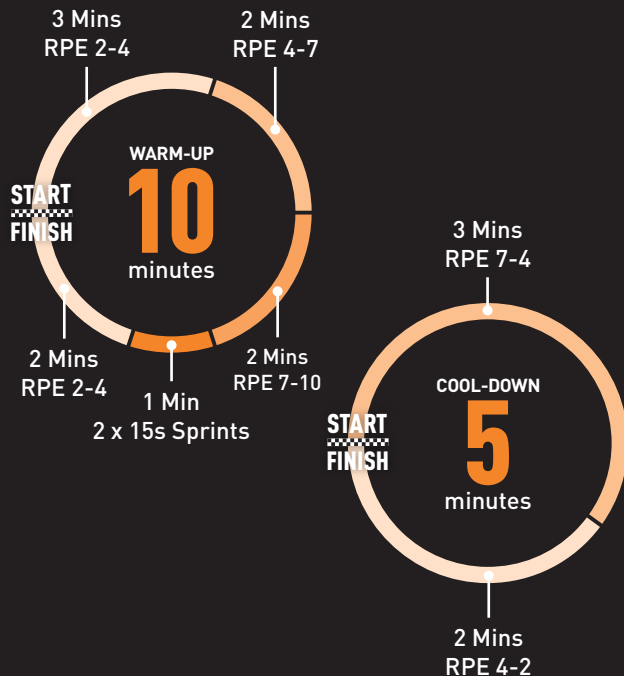
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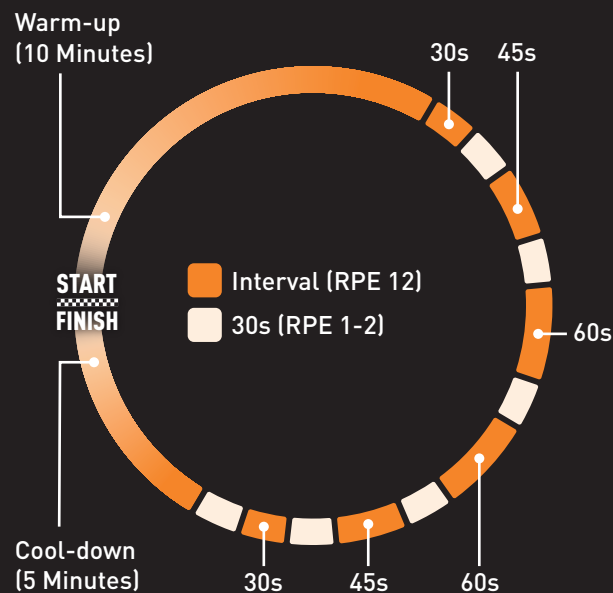
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Session Summary Sheet

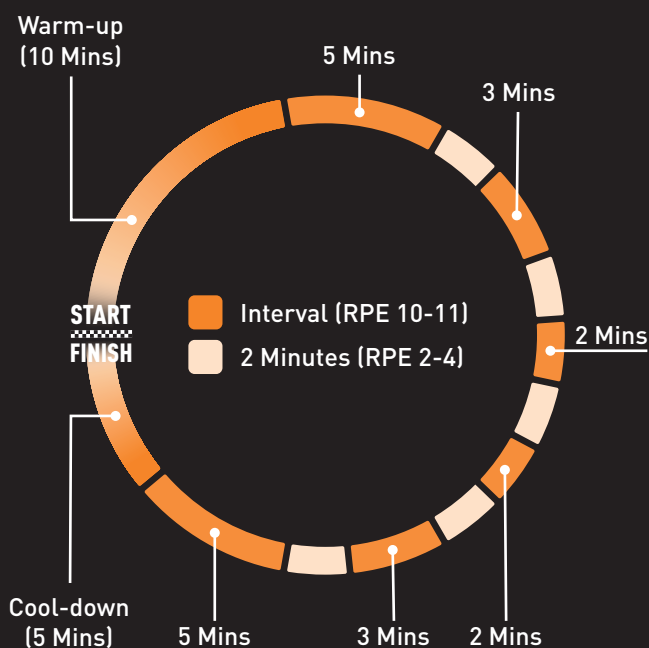
Warm-up & Cool-down



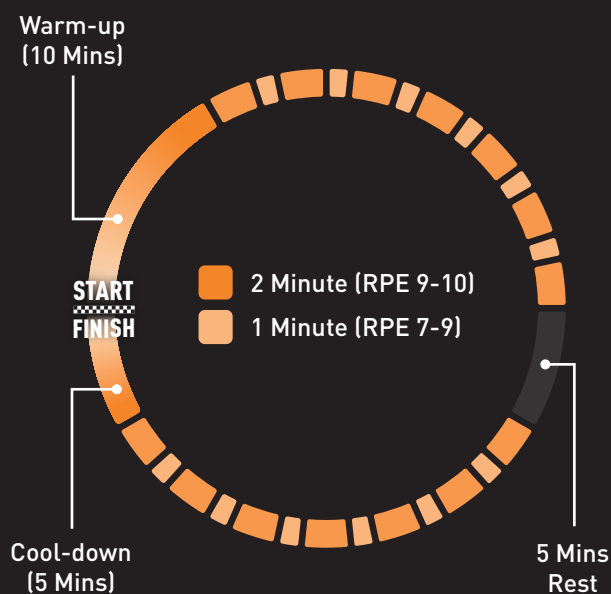
30 Mins Anaerobic Power







45 Mins Anaerobic Threshold











60 Mins Sweet Spot







30 MIN ANAEROBIC POWER (2 X 15 MIN CYCLES)




Interval				R.P.E	
30 sec					
45 sec					
60 sec					
60 sec					
45 sec					
30 sec					




Interval				R.P.E	
30 sec					
45 sec					
60 sec					
60 sec					
45 sec					
30 sec					




Interval				R.P.E	
30 sec					
45 sec					
60 sec					
60 sec					
45 sec					
30 sec					




Interval				R.P.E	
30 sec					
45 sec					
60 sec					
60 sec					
45 sec					
30 sec					

45 MIN ANAEROBIC THRESHOLD




Interval			R.P.E	
5 min				
3 min				
2 min				
2 min				
3 min				
5 min				




Interval			R.P.E	
5 min				
3 min				
2 min				
2 min				
3 min				
5 min				




Interval			R.P.E	
5 min				
3 min				
2 min				
2 min				
3 min				
5 min				




Interval			R.P.E	
5 min				
3 min				
2 min				
2 min				
3 min				
5 min				

60 MIN SWEET SPOT

Interval			R.P.E	
20 min				
5 min				
20 min				

Interval			R.P.E	
20 min				
5 min				
20 min				

Interval			R.P.E	
20 min				
5 min				
20 min				

Interval			R.P.E	
20 min				
5 min				
20 min				



Average power (W)



Average power (W)
round 1



Average power (W)
round 2



Average heart rate (BPM)

R.P.E

Rate of perceived exertion



Max heart rate (BPM)

YOUR PERFECT TURBO TRAINING PARTNER



It is easy to neglect hydration during the winter months, because the assumption is that lower temperatures equals lower perspiration rates.

However, most of you will have experienced high sweat loss during an indoor Turbo Training session and this leads to dehydration and ultimately impaired performance/recovery.

TORQ Hypotonic contains a small quantity of carbohydrate, which - although insufficient for fuelling longer efforts - when combined with 5 key electrolytes, boosts the hydration process significantly. The technical term for this is 'Facilitated Transport'. We call it Performance Hydration. Learn more by scanning the QR code or visit torqfitness.co.uk/ph

