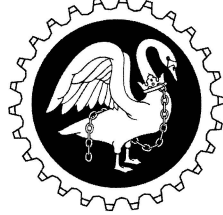




High Wycombe Cycling Club



Turbo Training starts on Wednesday next week at West Wycombe Village Hall - for eleven or twelve weeks. Turbo set up from 7.00pm onwards. The session will start at 7.30 pm

Instructions:

- Obviously bring your turbos and bikes (in good and clean condition – if there is any risk of oil drops onto the floor bring an old mat or equivalent)
- Some spare turbos will be available – certainly from week 2.
- You will need a fan (seriously think about buying one if necessary - they are not expensive). But we do now have three spare fans
- Bring your heart rate monitor if you have one.
- A towel to rub down afterwards
- Warm extra clothes to put on afterwards as you will sweat
- Plenty of fluid to drink during the session - at least a 500 ml bottle on the bike – water or energy drink at about 5% concentration.
- Ideally energy drink to consume immediately after the session - HI Five, SIS 'Go Electrolyte' or better still REGO, or the TORQ equivalent. The strength should be around 5% concentration.
- This first session will be measured and modestly challenging whilst I assess the various levels.

Gordon Wright