



Turbo Session Sets

# Power Improvement

## Warm up

5 Min Easy Z1  
5 Min Steady Z2  
5 Min Strong Z2 - Z3

## Main Set

90 Secs Hard  
3 Min Recovery

**4 Sets**

5 Mins Steady Z2

60 Secs Hard  
2 Min Recovery

**5 Sets**

## Cool down

7 Min Warm down