To calibrate, I used a 240V-5V AC transformer.

This provides a 50Hz AC signal.

I used 2 magnets on my toehaft, so one rotation of the toehaft results in two pulses, so 50Hz AC signal is equivalent to 25Hz rotation of toehaft.

Using diff ratio and rolling distance of rear tyre, calculate the required reading, and adjust VR1 and VR2.