

Description: Short, medium and longer intervals to train pacing

Rationale: Great benchmarking session suitable for training a range of intensities. Longer intervals will train pacing when fatigued

Teaching notes:

- Aim for around 90rpm in each interval.
- Each interval should be paced at max effort for the duration. The 15 second intervals should be all-out effort.
- Remember to coach power first, then cadence. There's little benefit in having the right cadence and not enough power.
- Measure progress with power - record max or average power in the intervals - review with the same session 6-8 weeks later.

WARM UP

10mins

INTERVAL

15 sec
90rpm
max effort

RECOVERY

45 sec

**X 6****RECOVERY**

1 min

INTERVAL

1 min
90rpm
120% ftp

RECOVERY

1 min

**X 6****RECOVERY**

1 min

INTERVAL

4 mins
90rpm
100% ftp

RECOVERY

2 mins

INTERVAL

4 mins
90rpm
100% ftp

COOL DOWN

5 mins