

- Description:** Short, medium and longer intervals to train at different intensities
- Rationale:** Get used to pacing with different length intervals, and get to know how the body feels at different intensity levels.
- Teaching notes:**
- Aim for around 90rpm in each interval.
  - Aim for the HR target at outset of each 15second interval.
  - For longer intervals, aim to either reach the target by the end of the interval, or give the option to aim at the target and then maintain for the remainder of the interval.
  - Remember to coach power first, then cadence. There's little benefit in having the right cadence and not enough power.

**WARM UP**

10mins

**INTERVAL**15 sec  
90rpm  
85-88% HR**RECOVERY**45 sec  
75-78% HR**X 6****RECOVERY**1 min  
73-75% HR**INTERVAL**1 min  
90rpm  
93% HR**RECOVERY**1 min  
75-78% HR**X 6****RECOVERY**1 min  
73-75% HR**INTERVAL**4 mins  
90rpm  
90% HR**RECOVERY**2 mins  
65-70% HR**INTERVAL**4 mins  
90rpm  
90-92% HR**COOL DOWN**

5 mins