

POWER INTERVALS

Description: Short, medium and longer intervals to train pacing

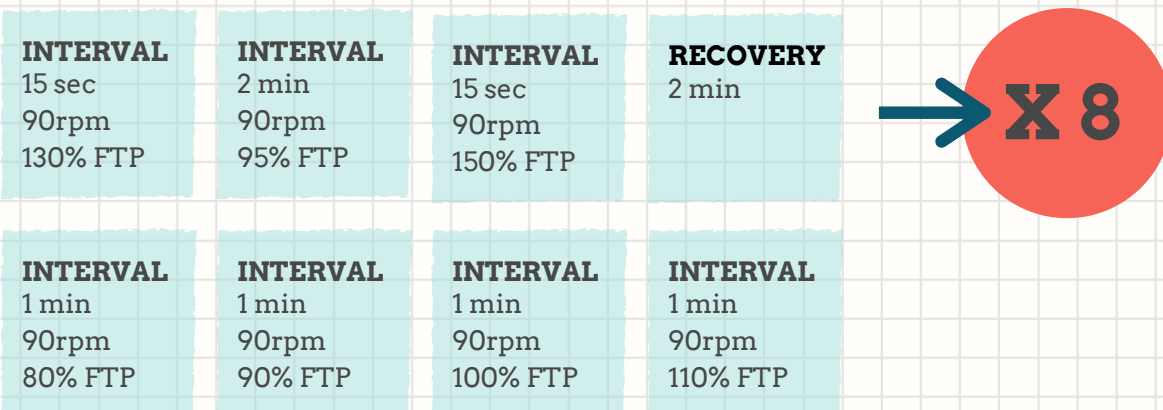
Rationale: Great benchmarking session suitable for training a range of intensities. Longer intervals will train pacing when fatigued

- 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.

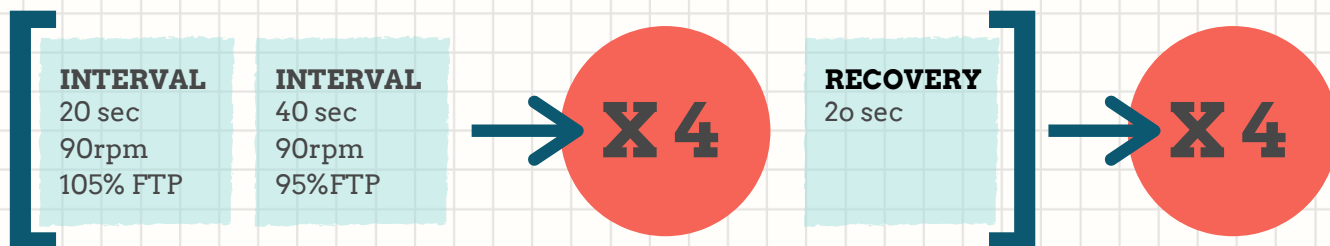
WARM UP

10mins

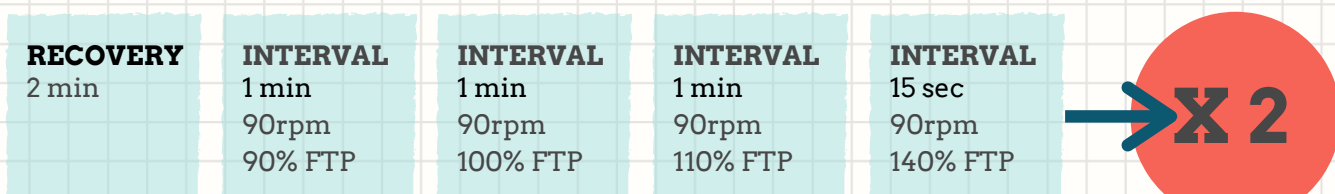
POISON FROG INTERVALS



UNDER OVERS



BOBBLE HAT INTERVALS



LEVEL: HARD LENGTH: 120MINS

POWER INTERVALS

INTERVAL
1 min
90rpm
90% FTP

INTERVAL
1 min
90rpm
100% FTP

INTERVAL
1 min
90rpm
110% FTP

INTERVAL
15 sec
90rpm
140% FTP

INTERVAL
15 sec
90rpm
130% FTP

INTERVAL
1 min
90rpm
110% FTP

INTERVAL
1 min
90rpm
100% FTP

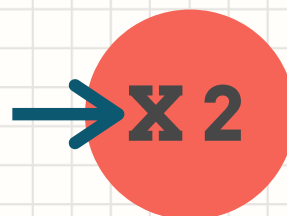
RECOVERY
2 min

INTERVAL
15 sec
90rpm
140% FTP

INTERVAL
1 min
90rpm
110% FTP

INTERVAL
1 min
90rpm
100% FTP

RECOVERY
2 min



PROGRESSIVE CLIMB - MAINTAIN POWER AS LONG AS POSSIBLE

INTERVAL
3 min
90rpm
70% FTP

INTERVAL
3 min
90rpm
80% FTP

INTERVAL
3 min
90rpm
90% FTP

INTERVAL
2 min
90rpm
100% FTP

INTERVAL
2 min
90rpm
110% FTP

INTERVAL
2 min
90rpm
120% FTP

INTERVAL
1 min
90rpm
130% FTP

INTERVAL
1 min
90rpm
140% FTP

RECOVERY
2 min

RIDING TO FATIGUE

INTERVAL
4 min

COOL DOWN
10 mins