

Description: Explosive bracketed intervals

Rationale: Building confidence and awareness at anaerobic threshold

Teaching notes:

- Aim for around 90rpm in each interval.
- Teach technique before cadence
- Explain how the interval should feel in both the lungs and the legs
- Encourage riders to stay in the aerobic zone

WARM UP

10mins

POISON FROG INTERVALS**INTERVAL**

15 sec
90rpm
87% HR

INTERVAL

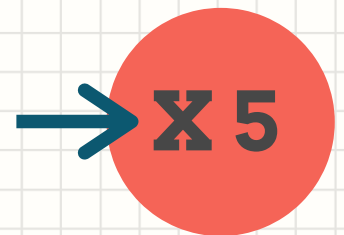
2 min
90rpm
82% HR

INTERVAL

15 sec
90rpm
89% HR

RECOVERY

2 min

**COOL DOWN**

10 mins