

**AEROBIC  
INTERVALS**

**Description:** Short, medium and longer aerobic intervals

**Rationale:** Use this session for helping riders to build confidence at different intensities and improve aerobic capacity.

**Teaching notes:**

- Use either heartrate or RPE, but also remember to describe how each challenge should feel in the legs.
- Remember to coach power first, then cadence. There's little benefit in having the right cadence and not enough power.

**WARM UP**

10mins

**PYRAMIDS**

\*After each interval, add a recovery of the same length of time  
- eg 15 sec interval is followed by 15 sec recovery.

**INTERVAL**  
10sec  
115 rpm  
75% HR

**INTERVAL**  
15sec  
110rpm  
78% HR

**INTERVAL**  
20sec  
105rpm  
80% HR

**INTERVAL**  
30sec  
95rpm  
84% HR

**INTERVAL**  
40sec  
85rpm  
86% HR

**INTERVAL**  
50 sec  
75rpm  
88% HR

**INTERVAL**  
60sec  
70rpm  
89% HR

**INTERVAL**  
50 sec  
75rpm  
88% HR

**INTERVAL**  
40sec  
85rpm  
86% HR

**INTERVAL**  
30sec  
95rpm  
84% HR

**INTERVAL**  
20sec  
105rpm  
80% HR

**INTERVAL**  
15sec  
110rpm  
78% HR

**INTERVAL**  
10sec  
115 rpm  
75% HR

**RECOVERY**  
2 mins

**COOL DOWN**

5 mins

