

POWER INTERVALS

Description: Short, medium and longer intervals to train pacing

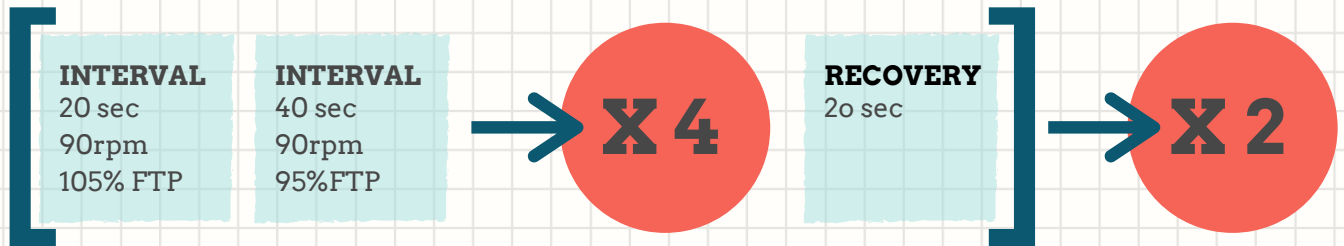
Rationale: Great benchmarking session suitable for training a range of intensities. Longer intervals will train pacing when fatigued

- 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.

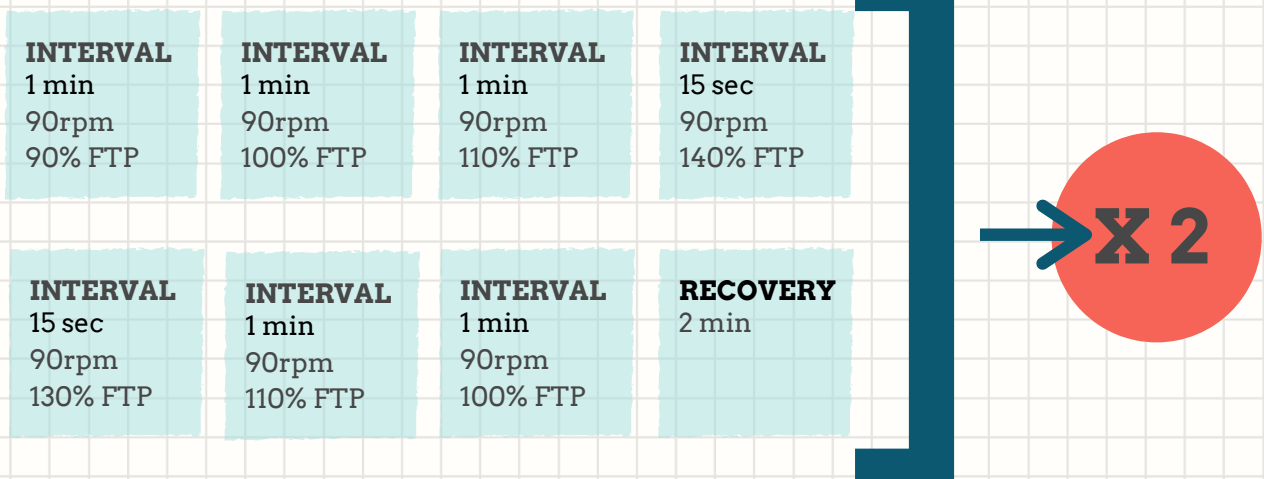
WARM UP

10mins

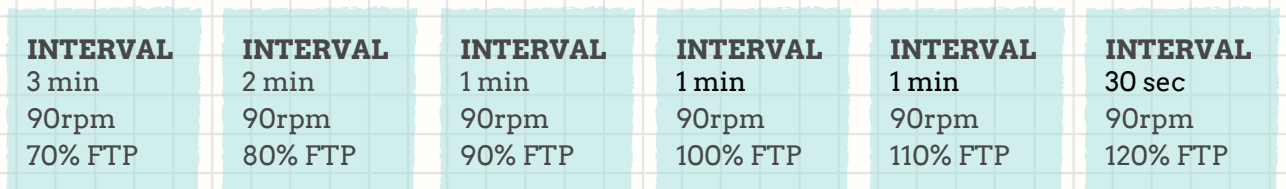
UNDER OVERS



BOBBLE HAT INTERVALS



PROGRESSIVE CLIMB - MAINTAIN POWER AS LONG AS POSSIBLE



COOL DOWN

10 mins