

Description: Explosive bracketed intervals

Rationale: Great for training acceleration and sprint finishes

Teaching notes:

- Aim for around 90rpm in each interval.
- Recent accurate FTP test recommended
- Follow FTP guide as nearly as possible
- Remember to coach power first, then cadence. There's little benefit in having the right cadence and not enough power

WARM UP

10mins

POISON FROG INTERVALS**INTERVAL**

15 sec
90rpm
130% FTP

INTERVAL

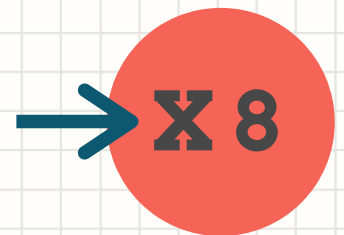
2 min
90rpm
95% FTP

INTERVAL

15 sec
90rpm
150% FTP

RECOVERY

2 min

**INTERVAL**

1 min
90rpm
80% FTP

INTERVAL

1 min
90rpm
90% FTP

INTERVAL

1 min
90rpm
100% FTP

INTERVAL

1 min
90rpm
110% FTP

RIDING TO FATIGUE**INTERVAL**

4 min

COOL DOWN

10 mins