

POWER INTERVALS

- Description:** Short, medium and longer intervals to train faster recovery
- Rationale:** Great session for using max power, pacing and concentrating on fast recoveries.
- Teaching notes:**
- Aim for around 90rpm in each interval, if coaching with power. Otherwise, you can use either heartrate targets or keep the same level of resistance and increase speed.
 - If coaching with increasing speed, keep cadence between 60-120rpm for a safe and effective workout.
 - 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 90 rpm 150% FTP	INTERVAL 15sec 90rpm 145% FTP	INTERVAL 20sec 90rpm 145% FTP	INTERVAL 25 sec 90rpm 140% FTP	INTERVAL 30sec 90rpm 135% FTP
INTERVAL 35sec 90rpm 130% FTP	INTERVAL 40sec 90rpm 125% FTP	INTERVAL 45sec 90rpm 120% FTP	INTERVAL 50 sec 90rpm 115%FTP	INTERVAL 60sec 90rpm 110% FTP
INTERVAL 50 sec 90rpm 115%FTP	INTERVAL 45sec 90rpm 120% FTP	INTERVAL 40sec 90rpm 125% FTP	INTERVAL 35sec 90rpm 130% FTP	INTERVAL 30sec 90rpm 135% FTP
INTERVAL 25 sec 90rpm 140% FTP	INTERVAL 20sec 90rpm 145% FTP	INTERVAL 15sec 90rpm 145% FTP	INTERVAL 10sec 90 rpm 150% FTP	RECOVERY 2 mins

COOL DOWN

10 mins

