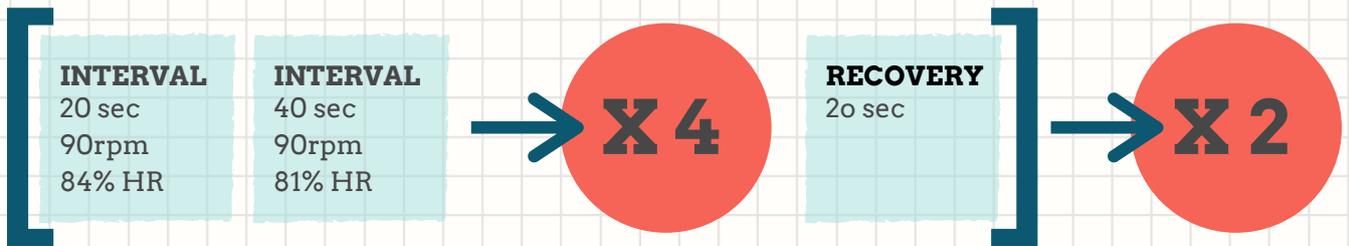


AEROBIC INTERVALS

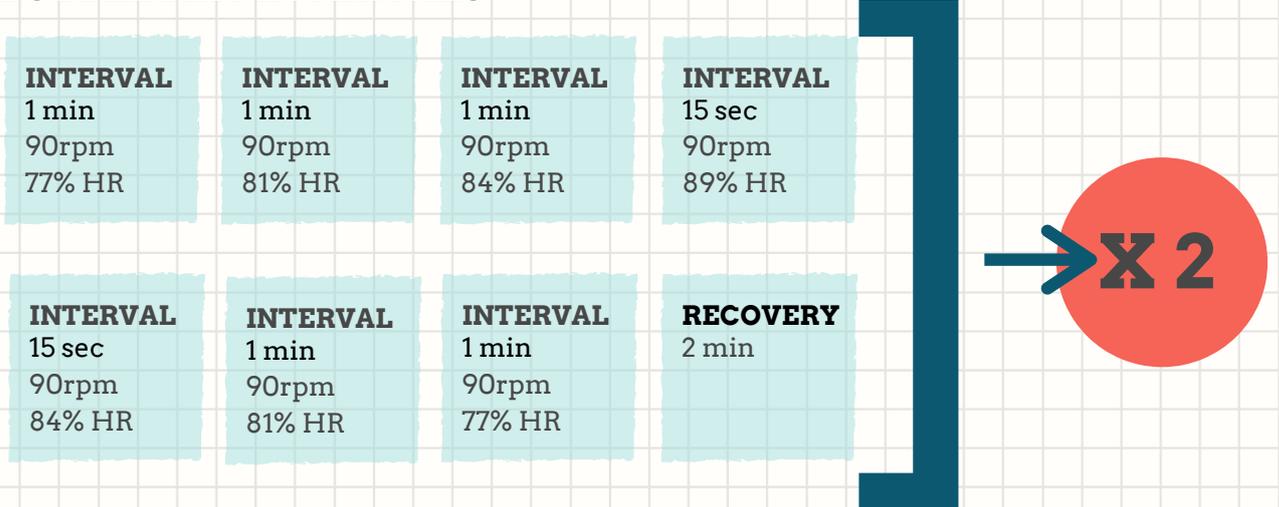
- Description:** Short, medium and longer intervals to train pacing
- Rationale:** Structure building of power adds extra challenge when trying to stay aerobic
- Teaching notes:**
- Aim for around 90rpm in each interval.
 - Major on technique. This is the most important point.
 - Explain to riders how the intervals should feel so they're able to replicate the experience on their bikes.

WARM UP
10mins

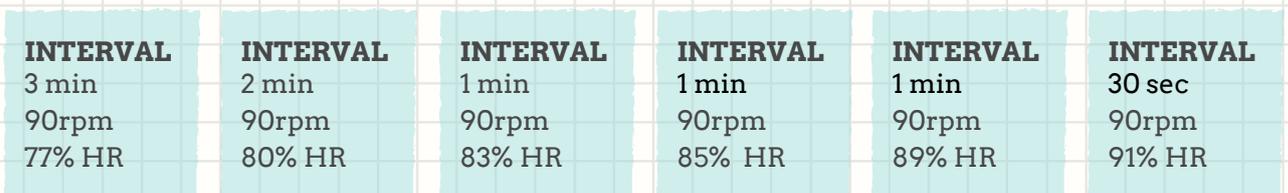
UNDER OVERS



BOBBLE HAT INTERVALS



PROGRESSIVE CLIMB - MAINTAIN POWER AS LONG AS POSSIBLE



COOL DOWN
10 mins