

POWER INTERVALS

Description: Explosive bracketed intervals

Rationale: Experimenting with different levels of intensity

Teaching notes:

- Aim for around 90rpm in each interval.
- Technique is super-important.
- Describe how the different intensities should feel
- Use heartrate as a guide
- 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
90% HR

INTERVAL

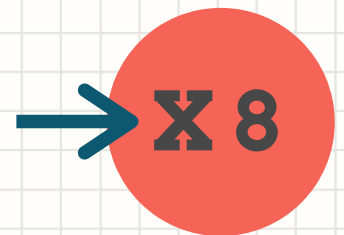
2 min
90rpm
85% HR

INTERVAL

15 sec
90rpm
92% HR

RECOVERY

2 min



INTERVAL

1 min
90rpm
82% HR

INTERVAL

1 min
90rpm
87% HR

INTERVAL

1 min
90rpm
90% HR

INTERVAL

1 min
90rpm
92% HR

RIDING TO FATIGUE

INTERVAL

4 min
Up to
94% HR

COOL DOWN

10 mins