

Description: Simple intervals - increase the cadence and keep the resistance level the same, or, if you have a well-equipped studio, you can use FTP targets as the cadence increases.

Rationale: Improving coordination and muscular endurance.

Teaching notes:

- For best results schedule a power test *before* running this session
- Provide options for riders: enable more complete recoveries if needed, reduce the power intensity of the intervals if required.
- Slower cadence requires more resistance

WARM UP

10mins

SIMPLE VARIABLE CADENCE INTERVALS

INTERVAL
2.5 min
70rpm
70% FTP

RECOVERY
1 min

INTERVAL
2.5 min
80rpm
80% FTP

RECOVERY
1 min

INTERVAL
2.5 min
90rpm
90% FTP

RECOVERY
1 min

INTERVAL
2 min
70rpm
75% FTP

RECOVERY
1 min

INTERVAL
2 min
80rpm
85% FTP

RECOVERY
1 min

INTERVAL
2 min
90rpm
95% FTP

RECOVERY
1 min

INTERVAL
1 min
70rpm
95% FTP

RECOVERY
1 min

INTERVAL
1 min
80rpm
105% FTP

RECOVERY
1 min

INTERVAL
1 min
90rpm
115% FTP

RECOVERY
1 min

INTERVAL
30 sec
70rpm
120% FTP

RECOVERY
1 min

INTERVAL
30 sec
80rpm
130% FTP

RECOVERY
1 min

INTERVAL
30 sec
90rpm
150% FTP

RECOVERY
1 min

INTERVAL
1 min
90rpm
120% FTP

COOL DOWN

5 mins