

## AEROBIC INTERVALS

**Description:** Aerobic fat-burning challenge with differing cadences

**Rationale:** Changing the cadence but retaining the same level of resistance to promote confidence and coordination.

**Teaching notes:**

- Coach correct cadence and then use HR or RPE for rider guidance on intensity
- Provide options for riders: enable more complete recoveries if needed, reduce the power intensity of the intervals if required.

### WARM UP

10mins

### SIMPLE VARIABLE CADENCE INTERVALS

<b>INTERVAL</b> 2.5 min 70rpm 82% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 2.5 min 80rpm 82% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 2.5 min 90rpm 82% HR	<b>RECOVERY</b> 1 min
<b>INTERVAL</b> 2 min 70rpm 85% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 2 min 80rpm 85% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 2 min 90rpm 85% HR	<b>RECOVERY</b> 1 min
<b>INTERVAL</b> 1 min 70rpm 87% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 1 min 80rpm 87% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 1 min 90rpm 87% HR	<b>RECOVERY</b> 1 min
<b>INTERVAL</b> 30 sec 70rpm 89% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 30 sec 80rpm 89% HR	<b>RECOVERY</b> 1 min	<b>INTERVAL</b> 30 sec 90rpm 89% HR	<b>RECOVERY</b> 1 min
<b>INTERVAL</b> 1 min 90rpm 91% HR					

### COOL DOWN

5 mins