

AEROBIC INTERVALS

Description: Aerobic fat-burning challenge with differing cadences

Rationale: Proportional recoveries and graded intervals - the shorter, the more powerful.

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.

WARM UP

10mins

INVERTED CADENCE INTERVALS

INTERVAL

2 min
90rpm
100% FTP

RECOVERY

2 min

INTERVAL

1 min
80rpm
110% FTP

RECOVERY

1 min

X 2

INTERVAL

40 sec
70rpm
120% FTP

RECOVERY

40 sec

X 2

INTERVAL

1 min
80rpm
110% FTP

RECOVERY

1 min

X 2

INTERVAL

2 min
90rpm
100% FTP

COOL DOWN

10mins