

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
82% HR**RECOVERY**

2 min

→ X 2

INTERVAL1 min
80rpm
85% HR**RECOVERY**

1 min

→ X 2

INTERVAL40 sec
70rpm
89% HR**RECOVERY**

40 sec

→ X 2

INTERVAL1 min
80rpm
85% HR**RECOVERY**

1 min

→ X 2

INTERVAL2 min
90rpm
84% HR**RECOVERY**

2 min

→ X 2

INTERVAL4 min
90rpm
89%**COOL DOWN**

10mins