

- Description:** Short, medium and longer intervals to train at different intensities
- Rationale:** Get used to pacing with different length intervals, and get to know how the body feels at different intensity levels.
- Teaching notes:**
- Aim for around 90rpm in each interval.
 - Aim for the HR target at outset of each 15second interval.
 - For longer intervals, aim to either reach the target by the end of the interval, or give the option to aim at the target and then maintain for the remainder of the interval.
 - Remember to coach power first, then cadence. There's little benefit in having the right cadence and not enough power.

WARM UP

10mins

INTERVAL15 sec
90rpm
85-88% HR**RECOVERY**45 sec
75-78% HR**X 4****RECOVERY**1 min
73-75% HR**INTERVAL**1 min
90rpm
89% HR**RECOVERY**1 min
75-78% HR**X 4****RECOVERY**1 min
73-75% HR**INTERVAL**2 mins
90rpm
90% HR**COOL DOWN**

5 mins