

Description: Simple intervals with decreasing cadence and increasing intensity. Each set of three has the same intensity level, but with decreasing cadence. As the sets get shorter, the intensity 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
90rpm
100% FTP

RECOVERY
1 min

INTERVAL
2.5 min
80rpm
100% FTP

RECOVERY
1 min

INTERVAL
2.5 min
70rpm
100% FTP

RECOVERY
1 min

INTERVAL
2 min
90rpm
105% FTP

RECOVERY
1 min

INTERVAL
2 min
80rpm
105% FTP

RECOVERY
1 min

INTERVAL
2 min
70rpm
105% FTP

RECOVERY
1 min

INTERVAL
1 min
90rpm
115% FTP

RECOVERY
1 min

INTERVAL
1 min
80rpm
115% FTP

RECOVERY
1 min

INTERVAL
1 min
80rpm
115% FTP

RECOVERY
1 min

INTERVAL
30 sec
90rpm
130% FTP

RECOVERY
1 min

INTERVAL
30 sec
80rpm
130% FTP

RECOVERY
1 min

INTERVAL
30 sec
70rpm
130% FTP

RECOVERY
1 min

INTERVAL
1 min
90rpm
120% FTP

COOL DOWN

5 mins