

## AEROBIC INTERVALS

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

**Rationale:** Changing the cadence but matching the same intensity 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

**INTERVAL**  
2.5 min  
90rpm  
82% HR

**RECOVERY**  
1 min

**INTERVAL**  
2.5 min  
80rpm  
82% HR

**RECOVERY**  
1 min

**INTERVAL**  
2.5 min  
70rpm  
82% HR

**RECOVERY**  
1 min

**INTERVAL**  
2 min  
90rpm  
85% HR

**RECOVERY**  
1 min

**INTERVAL**  
2 min  
80rpm  
85% HR

**RECOVERY**  
1 min

**INTERVAL**  
2 min  
70rpm  
85% HR

**RECOVERY**  
1 min

**INTERVAL**  
1 min  
90rpm  
87% HR

**RECOVERY**  
1 min

**INTERVAL**  
1 min  
80rpm  
87% HR

**RECOVERY**  
1 min

**INTERVAL**  
1 min  
80rpm  
87% HR

**RECOVERY**  
1 min

**INTERVAL**  
30 sec  
90rpm  
89% HR

**RECOVERY**  
1 min

**INTERVAL**  
30 sec  
80rpm  
89% HR

**RECOVERY**  
1 min

**INTERVAL**  
30 sec  
70rpm  
89% HR

**RECOVERY**  
1 min

**INTERVAL**  
1 min  
90rpm  
91% HR

### COOL DOWN

5 mins