

Description: Hill climbs - increasing intensity.

Rationale: improving muscular strength and anaerobic capacity.

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

SLOW CADENCE INTERVALS**COOL DOWN**

10mins