

- 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

SLOW CADENCE INTERVALS**INTERVAL**2 min
75rpm
78% HR**RECOVERY**

1.5 min

INTERVAL1.5 min
75rpm
82% HR**RECOVERY**

1.5 min

X 2**INTERVAL**1 min
75rpm
87% HR**RECOVERY**

1 min

X 2**INTERVAL**30 sec
75rpm
85% HR**RECOVERY**

1 min

X 2**COOL DOWN**

10mins