

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**INTERVAL**2.5 min
75rpm
100% FTP**RECOVERY**

1 min

→ X 3

INTERVAL2 min
75rpm
105% FTP**RECOVERY**

1 min

→ X 3

INTERVAL1 min
75rpm
115% FTP**RECOVERY**

1 min

→ X 3

INTERVAL30 sec
75rpm
130% FTP**RECOVERY**

1 min

→ X 3

INTERVAL1 min
90rpm
130% FTP**COOL DOWN**

10mins