

Description: Twisted wedgies are a riff on the classic wedgie - an endurance interval topped off with a high intensity interval. These have an *additional* increase in intensity.

Rationale: Replicates a sprint finish - endurance interval and then high impact to the end. Promotes recovery at higher intensities.

Teaching notes:

- Try this at 80rpm in the saddle. The 15 second intervals can be sprints (no faster than 110rpm) or make these short intervals a standing attack (not more than 80rpm)
- 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

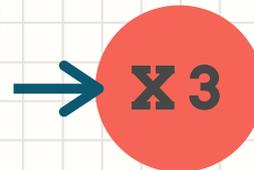
WEDGIE INTERVALS

INTERVAL
1 min
80rpm
115% FTP

INTERVAL
30 sec
80rpm
120% FTP

SPRINT
15 sec
<110rpm
150% FTP

RECOVERY
1 min



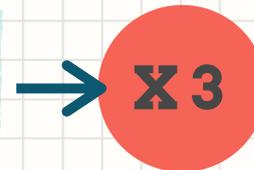
RECOVERY
1 min

INTERVAL
1.5 min
80rpm
105 FTP

INTERVAL
30 sec
80rpm
120% FTP

SPRINT
15 sec
<110rpm
150% FTP

RECOVERY
1 min

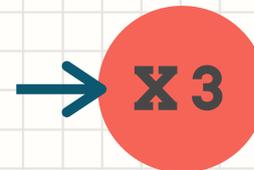


RECOVERY
1 min

INTERVAL
2 min
80rpm
100% FTP

INTERVAL
30 sec
80rpm
120% FTP

SPRINT
15 sec
<110rpm
150% FTP



COOL DOWN
5mins