

POWER INTERVALS

Description: Power intervals and incomplete recoveries

Rationale: Playing around with power intervals and incomplete recoveries to build stamina and strength.

Teaching notes:

- Either follow HR guide or for a harder option, work with power (won't work if you try to do both!)
- Each interval should be paced at max effort for the duration.
- Measure progress with power - a recent power test is useful.

WARM UP

10mins

INTERVAL

1 min @ 70rpm
90% HR or
100% FTP

RECOVERY

2 min @ 90rpm
88% HR or
70% FTP



X 2

RECOVERY

1 min

INTERVAL

1 min @ 70rpm
92% HR or
90% FTP

RECOVERY

1 min @ 90rpm
85% HR or
70% FTP



X 2

RECOVERY

1 min

INTERVAL

15 sec @ 100rpm
95% HR or
115% FTP

RECOVERY

45 sec @ 85rpm
82% HR or
55% FTP



X 2

TIMETRIAL

2 min @ 90rpm
88% HR or
80% FTP

COOL DOWN

5mins