

AEROBIC INTERVALS

- Description:** Short and longer aerobic intervals
- Rationale:** Playing around with aerobic intervals to build aerobic capacity and endurance.
- Teaching notes:**
- Coach the different cadences to promote coordination and learn more about power.
 - Good technique is essential in achieving results.

WARM UP

10mins

INTERVAL

1 min 70rpm
85% HR

RECOVERY

2 min 90rpm
83% HR



X 2

RECOVERY

1 min

INTERVAL

1 min 70rpm
87% HR

RECOVERY

1 min 90rpm
80% HR



X 2

RECOVERY

1 min

INTERVAL

15 sec 100rpm
90% HR

RECOVERY

45 sec 85rpm
70% HR



X 2

RECOVERY

1 min

COOL DOWN

5mins