

## 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 4

#### RECOVERY

1 min

#### INTERVAL

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

#### RECOVERY

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



X 4

#### RECOVERY

1 min

#### INTERVAL

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

#### RECOVERY

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



X 4

#### TIMETRIAL

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

#### COOL DOWN

5mins