

POWER INTERVALS

Description: Power intervals, under-overs 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

30 sec @ 110rpm
90% HR or
110% FTP

RECOVERY

1 min @ 85rpm
82% HR or
60% FTP

INTERVAL

30 sec @ 115rpm
93%HR or
115% FTP

RECOVERY

1 min @ 85rpm
82% HR or
60% FTP

X 3

RECOVERY

1 min

INTERVAL

2min @ 100rpm
90% HR or
100% FTP

RECOVERY

2 min @ 85rpm
85% HR or
75% FTP

X 3

RECOVERY

1 min

INTERVAL

1.5min @ 100rpm
90% HR or
100% FTP

RECOVERY

2.5 min @ 85rpm
85% HR or
90% FTP

X 3

COOL DOWN

5 mins