



4 – 3 – 2 INTERVALS

Most of the work performed in cycling is supported by aerobic metabolism. Thus, boosting aerobic power is very important. However, to raise your performance level, you must incorporate anaerobic training as well. This session is designed to lift anaerobic power and recognize how to pace high intensity efforts so you can sustain hard work, in lieu of getting dropped at the end. This training is fatiguing and therefore it requires a day or two of recovery time thereafter.

- Warm up for at least 10 min, progressively increasing workload into Zone 2 for the duration.
- After your warm-up, do 2-4 sets as follows: (2 sets for 60 min session; 4 sets for 90 min session)
 - 4 min at your hardest effort; then easy Zone 1 for 1 min. Note average power during the 4 min effort, as you will build workload from this.
 - Then do 3 min @ watts higher than your 4 min effort; then easy Zone 1 for 1 min.
 - Then do 2 min @ watts higher than your 3 min effort; then easy Zone 1 for 5 min.
 - Repeat set 1 – 3 more times.
 - Cool down at least 10 min, progressively decreasing workload to low end Zone 1.
- Focus on sustaining the workload. Do not go out too hard, that your effort drops near the end. Learn to pace this high intensity.
- You can change gears, sit and stand, work in the flats and work the hills.