

LT / AT Mid Season Booster 8 Min Efforts

This session is designed to keep your LT & AT & VO2max sharp, during the middle of your training season. It also helps the cyclist break away quickly and settle into a fast rhythm. After warm up, ride Zone 2 for most of duration. Incorporate 4-5 eight minute intervals at Zone 4-5 with at least 5 min recovery in between. Finish each effort with a 10 sec blast off, out of the saddle, as if launching to the finish line. Begin each with a TT start....starting from a stopped position and rolling into the intensity.

