

Progressive Intervals - Long & Short

This session is designed to boost threshold and create adaptation to sustain a high workload. After a long warm up, do 1 x 20min and 7 x 1min efforts. Your 20 minute effort begins at 100% of Threshold Power. Hold the effort as long as possible. When fatigue prevents you from sustaining, drop your effort by 20-25 watts and continue sustaining. Continue with the descending progression for the 20 min duration. Then ride easy for 5 minutes and perform 1 min on - 1 min off. The first 1 min effort is at 105% of Threshold. The 2nd is 20-25 watts less than your Threshold Power. Each thereafter is a few watts higher than the previous, progressively ascending the effort.

