



### THRESHOLD POWER HOLDS

Improving Threshold Power is the key to increasing one's fitness, as it is an excellent predictor of endurance performance and is very responsive to training. The goal of Threshold Power Holds is to discover your Threshold Power and then perform Power Hold Intervals to improve the capacity to deliver and use oxygen, as well as the ability to clear lactate from the blood.

#### Warm Up

- Warm up easy for 5 minutes
- Continue to warm up by increasing power by 25 watts, for 50 KJ's

#### Ramp Threshold Test

- Increase watts, using cadence and resistance load, every 90s. The increase should achieve an increase in heart rate by 10 heartbeats.
- Continue to ramp up the work until you are at a point where your breathing has changed from controlled to labored, or at an 8 on the RPE Scale (1-10 scale; 10 being the hardest)

#### Active Recover Easy 5:00

#### Power Holds w/RPM Changes

25-50 Watts Less of Threshold Test = Power Hold Window

- 2:00 Ramp up to Power Hold Window
- 1:00 Hold Power Window @ 90+ RPM, adjusting resistance to sustain power window goal
- 1:00 Hold Window @ 70 RPM, adjusting resistance to sustain power window goal
- 1:00 Hold Window @ 90+ RPM, adjusting resistance to sustain power window goal
- 1:00 Hold Window @ 70 RPM, adjusting resistance to sustain power window goal

#### Recovery Easy 2:00

#### Power Hold Weakness

Use the RPM Window from above, which was your weakness or most challenging to hold

- 1:00 Ramp up to Power Hold Window
- 2:00 Hold Window @ weakness RPM

#### Power Hold KJ Intervals

- Recover Easy 10 KJ's
- Hold Power Window for 20 KJ's seated
- Recover Easy 10 KJ's
- Hold Power Window for 20 KJ's standing

#### Cool Down

- Cool down easy for 5 minutes or for 40 KJ's