

HIT Tips

HIT (high-intensity training) is an important component of performance training for cyclists.

Progressive, sequential, targeted systems training reliably improves cycling fitness.

These 15 HIT tips are detailed in the book *HIT: High intensity Training for Cyclists* available through <http://arniebakercycling.com>.



CYCLE HANDOUT

HIT Tips

1. Develop an endurance base before attempting interval work.
2. Use a long HIT phase (up to three months) to prepare for your competitive season.
3. Use a short HIT phase (up to six weeks) to peak for one or two most important events or races.
4. Work under controlled conditions so that you can compare workload and performance from interval to interval or from session to session.
 - a. Stationary trainer generally provides the most controlled conditions.

On stationary trainer, perform intervals with the same resistance settings, cadence, or power outputs.

If you control the settings of your stationary trainer (tire pressure, roller resistance, gearing) your cadence computer effectively becomes a power meter, reflecting your workload.
 - b. On the road, perform intervals on similar courses or loops.
5. Work on the different fitness systems sequentially, and/or on different days.
6. Allow yourself to adapt to workloads before performing workouts at high intensity.
7. Work hard, but don't try to make every interval workout your best—it's unrealistic.
8. Pace each interval. Generally work harder throughout each interval.
9. Pace interval sessions. Within a workout, generally work each interval harder.
10. Pace periodization. During HIT phases, plan successive exercise sessions to adapt, build, peak, recover, and peak again.
11. In other words, work as hard as possible, at times, and try to set personal records for cadence, strength work, aerobic work, power output. But don't try to set records more often than once every three or four sessions of a particular exercise.
12. Allow periods of recovery. In general, perform interval work no more than two or three times per week; less if racing—racing is as intense as interval work.
13. Plan for at least several months of no interval work each year. **AB**