

# Interval Quiz

Answers to this quiz are found in the HIT (High-intensity Training) eBook available through [arniebakercycling.com](http://arniebakercycling.com)



## CYCLE HANDOUT

1. For the majority of riders, the most generally productive interval duration is
  - A. 15 seconds
  - B. 30 seconds
  - C. 1 minute
  - D. 3 to 5 minutes
  - E. 8 to 10 minutes
2. Intervals should be part of training
  - A. Thursdays in the preparation period
  - B. All year round
  - C. At certain periods during the year
3. When performing hard regular work, such as 4-minute intervals, establish a breathing rhythm
  - A. 2 minutes into the interval
  - B. 1 minute into the interval
  - C. Within 15 seconds of starting
  - D. Before you start
4. If the workload is the same, a higher (bigger) gear and lower rpm means
  - A. More aerobic work is done
  - B. More muscular work is done
  - C. More neuromuscular work is done
5. Muscle soreness is more likely to result from
  - A. Slow rpm, high power output
  - B. Fast rpm, low power output
6. When performing six 3-minute intervals
  - A. Do each interval absolutely as hard as possible to complete each interval
  - B. Do the first interval as hard as possible. Try to put more in each successive interval
  - C. Pace yourself, going slightly harder each time
7. Optimal recovery time between six 3-minute intervals is
  - A. 15 to 30 seconds
  - B. 1 minute
  - C. 3 minutes
  - D. 5 minutes
8. To train maximum oxygen uptake (VO<sub>2</sub>) perform intervals for
  - A. 15 to 30 seconds
  - B. 3 to 5 minutes
  - C. 8 to 10 minutes
  - D. Any of the above
  - E. None of the above
9. Gear selection for intervals
  - A. You must be in the big ring
  - B. You must be in the small ring
  - C. Choose the gearing that results in the cadence range you're targeting
10. To train for improved sprinting, perform intervals only at high cadence
  - A. True
  - B. False
11. Relative to 3-minute intervals, 30-second intervals are generally performed at speed levels
  - A. About the same as 3-minute intervals
  - B. About 25% greater
  - C. About 50% greater
  - D. About 100% greater

*Continued*

- 12.** Intervals can only be done
- A.** On hills
  - B.** On the flats
  - C.** On a stationary trainer
  - D.** On the track
  - E.** All of the above
- 13.** Ancillary equipment for stationary trainer work includes all of the following except
- A.** Heart-rate monitor to help quantify aerobic work
  - B.** Wood blocks or other method to raise front of trainer
  - C.** Fans for cooling
  - D.** TV or headphones for distraction
  - E.** Carbs in solution
- 14.** Intervals should be performed
- A.** Once a week
  - B.** Twice a week
  - C.** More than twice a week
  - D.** Two or three days in a row
  - E.** Could be any of the above
- 15.** Heart-rate target, on average, at the end of 3- or 4-minute intervals, is at least
- A.** 70% to 75% of maximum heart rate
  - B.** 80% to 85% of maximum heart rate
  - C.** About 90% of maximum heart rate
  - D.** Whatever you do, don't go anaerobic!
- 16.** The highest blood lactate levels are recorded after efforts lasting
- A.** 15 seconds
  - B.** 30 seconds
  - C.** 1 minute
  - D.** 3 to 4 minutes.
- 17.** Track pursuit distance for professional riders is 5K, for Elite riders it's 4K, for Masters it's 3K, and for junior women, it's 2K. This approach of reduced distance
- A.** Is a good idea for younger or weaker riders who don't have the stamina of elite or professional men
  - B.** Makes no physiologic sense
- 18.** When faced with too hard a workout
- A.** Abort the workout. Go home.
  - B.** Start as planned: Hard. See how it goes; when you feel tired, stop.
  - C.** Reduce the intensity of all the intervals.
  - D.** Allow yourself to warm-up slowly and back off the early intervals. If you then feel better, perform some high-quality work.
- 19.** When planning or performing an interval session
- A.** Know before you start how many intervals you are going to attempt
  - B.** See how it goes; when you feel tired, stop.
  - C.** Stop when pizza arrives

**AB**