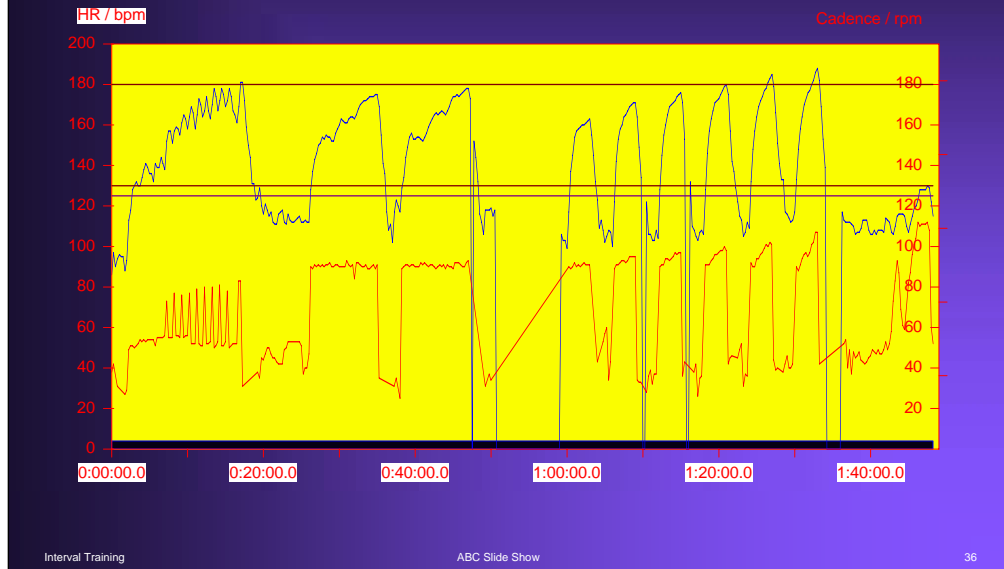


Trainer Interval Mix



ABC Interval Training Slide Show.

Here's a cadence and heart rate recording of a typical mix of intervals performed on a stationary trainer.

The warm-up is not shown.

Stand and surge with minimal recovery. The athlete stands for 5 minutes at 50 rpm in a big gear, and then surges for 15 seconds to 75 to 80 rpm at the top of the minute for each of 10 minutes.

Progressive/cruise. The athlete works steadily at 90 rpm in a moderate gear for 3 minutes, then shifts one cog to a harder gear, works for another 3 minutes, and then shifts once more for another 3 minutes at 90 rpm. This 9-minute interval is repeated.

3-minute intervals. The athlete performs six 3-minute intervals with 3-minute recoveries.