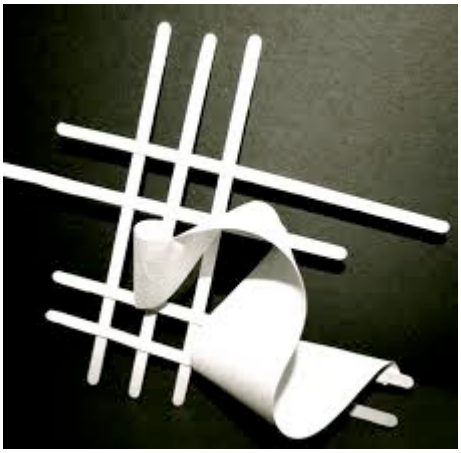
Your Optimal Intervals

Is there a point when attempting just one additional interval is not helping you achieve the results you're after? In this interactive session, we'll deliver the answers using the Power Console as our guide. Never before has mass customization been so easy to achieve – even in a large group exercise setting!

"An athlete should do the least amount of the most specific training that brings continual improvement." – Joe Friel (The Cyclist's Training Bible)

Linear vs. Curvilinear



With a direct measurement power meter, specific training just got a whole lot easier!

It's human nature to create linear correlations:

- "If eating too many calories makes me gain weight, than eating only low-calorie foods must be good for me!"
- "If working out 3 times a week is good, 5 times must be better and 15 times must be best!"
- "Teaching high-intensity indoor cycling classes every class will make my participants stronger. No pain. No gain!"
- "If my competitor is doing 10 hill repeats, than I should accomplish 15!"

FALSE!

Benefits of training with power: unique indoor opportunities

- Easily regulate wattage: No external factors.
- Time trials: Maintain a pace right at lactate threshold
- "Hill" Climbs: Learn to stay within a specific watt range while maintaining optimal pace and cadence.
- Specific training protocols: 1-minute power test, FTP…etc.
- "Carrot" workouts: Chase average wattage

Cool! But how do I know I've done the right amount!

	WHEN TO STOP INTERVALS
INTERVALS	AVERAGE DROP IN POWER
20 min.	3-5%
10 min.	4-6%
5 min.	5-7%
3 min.	8-9%
2 min.	10-12%
1 min.	10-12%
30 sec.	12-15%
15 sec	Peak power drops by 15-20%; Average power for interval drops by 10-15%
NOTE: The average drop in power is based on the number of watts achieved in the third repeated effort.	

EXAMPLE:

By the third, 2-minute effort, Cycling Sally can maintain 375 Watts. Therefore she should continue with repeats (training time permitting) until her 2- minute average drops below 330:

375 X .12 = 45

375 – 45 = 330

Men's Basic Power Profiling (sample chart)

MEN	1 MINUTE (Watts/Kg)	5 MINUTE (Watts/Kg)
World Class	10.58-11.50	6.77-7.60
Very Good (Cat II)	8.51-9.43	4.91-5.74
Good (Cat. III)	7.71-8.63	4.19-5.12
Fair (Cat. V)	6.33-7.25	2.95-3.77
Untrained (Non-racer)	5.64-6.56	2.33-3.15
How did you do?		

Understanding the relationship between one's heart rate and your 7 Stages of Power™ is when the magic happens!

Women's Basic Power Profiling (sample chart)

WOMEN	1 MINUTE (Watts/Kg)	5 MINUTE (Watts/Kg)
World Class	8.56-9.29	5.98-6.74
Very Good (Cat II)	6.93-7.66	4.26-5.02
Good (Cat. III)	6.30-7.02	3.59-4.36
Fair (Cat. V)	5.21-5.94	2.45-3.21
Untrained (Non-racer)	4.67-5.39	1.88-2.64
How did you do?		

With the introduction of accurate power meters we can optimize cardiovascular training for each and every workout. By coaching your students to train at their optimal level, you're handing them success!

References and recommended reading:

Allen, H., and A. Coggan. Training and Racing with a Power Meter. VeloPress, 2006

Friel, J. The Cyclists Training Bible, 4th edition VeloPress (2009)

Kenny, D. A Correlation and Causality (1979) Out of print Available from http://www.davidakenny.net/books.htm