

## Interval training

*3 times a week → Ideally on the same days as your mobility stretching routine.  
Whether you're at the gym on a bike trainer or riding outside, this session is adaptable.*

*Duration: ~75 minutes  
You can also add this to the end (or start) of a riding day.*

When doing interval training on the bike, heart rate monitors and power meters are helpful tools, but they aren't absolutely necessary.

- Focus on **body awareness** and your **perceived exertion**.
- For interval training on the mountain bike, focus on **trail sections** and the **effort** they require.

### Warm-up

*20 minutes of moderate pedaling.*

### Main set

**5x4 minutes with high (not max.) intensity.**  
*70-90% of your heart rate (Zone 3-4).*

→ *Active Recovery: Slow, relaxed pedaling for 3 minutes between each interval.*

### Sprint set

**3x20 second sprints with max. intensity.**  
*90-100% of your heart rate (Zone 5).*

→ *Full Rest: Take a complete rest for 90 seconds between sprints.*