

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.*