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## Sprint Intervals - Long

**Goal:** This workout will increase your neuromuscular power and anaerobic capacity.

**Total Workout Time:** 60 minutes

**Warm-up:** 20 minutes (**make sure you are thoroughly warmed-up**)

**Terrain:** Relatively flat, low traffic course or an indoor trainer.

**Gearing:** Use a big gear that allows you to maintain a cadence of 95 to 105 rpm during the 1-minute, 'nearly all-out' efforts.

**The Workout:** 10 x 1:00 sprints with 2 minutes recovery between hard efforts

**Training Zone during Intervals:** HR will approach Zone 5 by end of each hard effort

**Training Zone during Recovery:** Zone 1-2 with a 2-minute recovery

**RPM:** 95 to 105 during hard efforts; 90 during recovery

**Cool Down:** 10 minutes in Zone 1 (50-60% of MHR)

**Description:** After a thorough warm-up, shift into a big gear that allows you to sprint for one minute at a cadence of 95-105 rpm. Stay in the saddle and accelerate to the desired cadence. It should take you 10-15 seconds to reach your top speed (you will be pedaling **almost** as hard as you can at this point). Try to maintain this effort for another 45 seconds (1:00 total for the interval). Shift to a lower gear and recover for 2 minutes before the next hard effort. Start with five Sprint Intervals and build up to ten. Once you can do ten, shorten your recovery time between hard efforts to 1-minute.



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