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Sprint Intervals - Short

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 short, 'all-out' efforts.

The Workout: 10 x 30 second sprints with 2.5 minutes recovery between hard efforts

Training Zone during Intervals: HR not important but it will approach Zone 5

Training Zone during Recovery: HR not important during this workout

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 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 as hard as you can at this point). Try to maintain this effort for another 15 seconds (30 seconds total for the interval). Shift to a lower gear and recover for 2.5 minutes before the next hard effort. Start with five Sprint Intervals and build up to ten.



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