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VO² Max Intervals

Goal: This workout will increase your *VO² Max*, which is the maximum amount of oxygen your body can utilize to do work in a given period of time (e.g., one minute).

Total Workout Time: 60 minutes

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

Terrain: This workout is best (and most safely) performed on an indoor trainer.

Gearing: Use a gear that allows you to train at 85-95% of your maximum heart rate at a cadence of 90 to 100 rpm during the hard efforts.

The Workout: 3 x 5 minutes with 5 minutes recovery between hard efforts

Training Zone during Intervals: 4-5 (85-95% of MHR or 105%+ of Lactate Threshold)

Training Zone during Recovery: 1 (50-60% of MHR or 65-75% of Lactate Threshold)

RPM: 90 to 100 during hard efforts; 90 during recovery

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

Description: **This is a very, very hard workout!** Start in a gear that will put you into Zone 5 for the last 3 minutes of the hard effort at 90-100 rpm. Use the first 2 minutes to elevate your heart rate and to find your rhythm. At this point, you should be *above your lactate threshold*. Ride as hard as you can for the next 3 minutes. You will be suffering so focus on your form and try to relax. Spin easily for 5 minutes between hard efforts.



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