

## Workout of the Month: MAX POWER INTERVALS

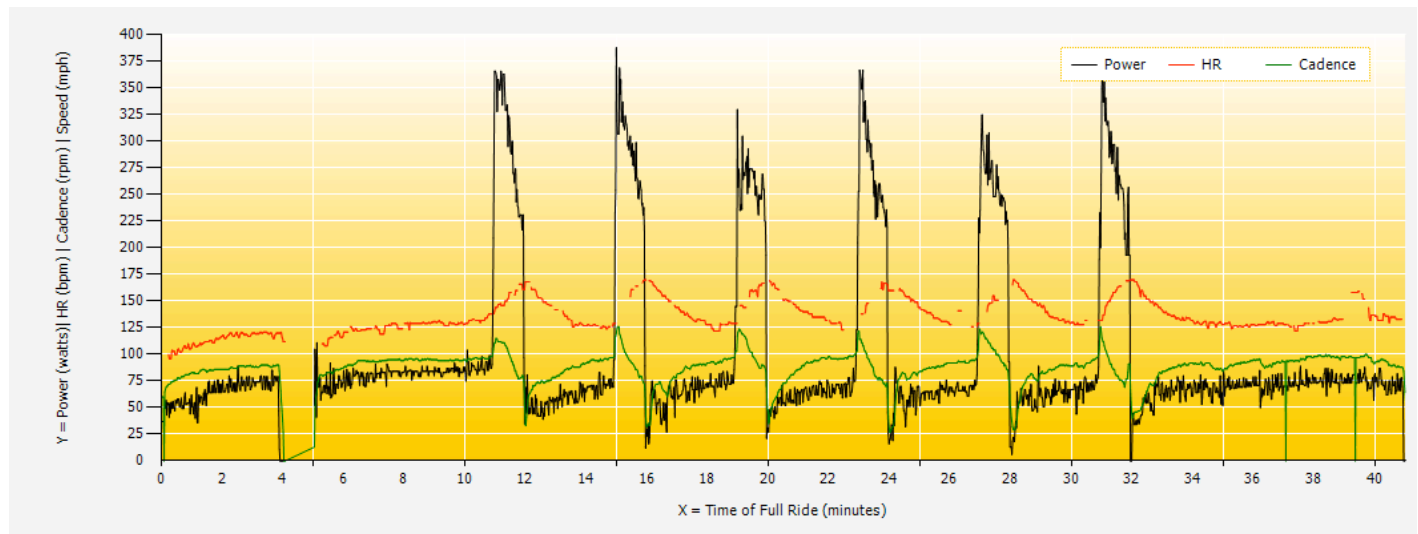
**DESCRIPTION:** Here's a tough, high, hot, hard workout. If you're tired of getting dropped in a breakaway, do this workout on a bike and watch your pick ups and ability to hang in the pack improve. This is an intense workout geared toward improving your sprinting ability and raising your threshold. Get ready to red line in maximum heart rate Zone 5 as you hit your peak oxygen consumption and your aerobic capacity:

- Time: The duration of this workout is based on your current fitness level. The fitter you are, the longer the workout, because you are able to complete more intervals or extend the workout time.
- Number of Intervals: The number of intervals is based on your power output. When the wattage begins to decline by 10 percent, you're done. That's because you want to do quality workouts until you simply can no longer sustain the intensity – that's quitting time.
- Intensity: The intensity of each work interval is near-maximal effort.
- Length of Intervals: Each interval is one minute. You may need to modify the session by dropping the work interval to 30 seconds for the first couple of intervals until you're warmed up enough to reach a high above threshold heart rate number. Then, increase the duration for 1-2 minutes for each hard effort with three-minute recovery intervals.

**WORKOUT:** Warm-up for 5-10 minutes. Complete as many one-minute intervals as you can before your power drops by 10 percent. Follow each work-interval with a three minutes recovery interval between each effort. Stop when your wattage drops by 10 percent of your peak watts number.

Description	Percent of Maximum Heart Rate	Time
Warm-up in Zone 2 at 60-70 percent of maximum heart rate.	70 percent.	5-10 minutes
Go hard with maximal effort. Mark your average power output during the first one minute.	90-100 percent	1 minute
Recovery with slow cadence, no-to-low resistance.	60-70 percent	3 minutes
Repeat intervals until wattage drops by 10 percent. Try for 5-10 repeats.		
Cool-down to 60 percent of maximum heart rate.	60 percent	5-10 minutes

### CHART OF MAX POWER INTERVALS



NOTE: In the above example, our athletes noted they “died” after about 40 seconds of the one-minute work interval. This would indicate their 30-second sprinting efforts are good, but that they lack the “stay with it” power. You see this in the chart, watt-heart rate profile, which shows the effort (power) dropping more sharply after 30 seconds.

By Kathy Kent, Heart Zones Master Trainer and Owner of Midwest Heart