

Max Power - High Cadence Intervals

These are probably the hardest intervals you can do on the rollers. The idea is to produce the maximum power you can possibly do for the interval while maintaining a high cadence of 115 rpm.

As well as being a great way to improve your ability to ride at high intensities for extended durations, they also help develop psychological toughness. These intervals hurt.

Equipment Used

4.5" or 3" rollers with Flywheel or Headwind Fan.

This session needs resistance. The Flywheel is great for keeping a road-like feel at high power outputs.

The Session

Warm up at a lower Z2 level for 10 minutes. Include two low-gear, high-cadence rev outs in the warm up. Cadence should be between 90-100 rpm

Then...

2 mins Cadence/Power interval, 5 mins Z1/Z2 – repeat 4–6 times

Warm down for 5 mins after final effort.

KREITLER[®] ROLLERS

Training sessions provided by
Coach Peter Georgi

Halo
CYCLES

How to Do It

Key to these efforts is to think of cadence first and then power. At the start, take about 20 seconds to build up to the 115 rpm while increasing the gear. By about 20 seconds you should be at the right cadence and in as big a gear as you think you can maintain for the whole interval. At this stage, it will not feel flat out. The pain kicks in soon.

If you can't keep the cadence up, move into a smaller gear to maintain 115 rpm. Again, this is the max power you can do at 115 rpm.

It is best to do these on the hoods as the more acute racing position in the drops will restrict your breathing.

Progression and Other Thoughts

Start with 4 intervals – they are hard - and gradually build up to 6 per session.

The next progression is to increase the interval time to 3 minutes and then 4 minutes. Each time you move up, start at 4 reps again building up to 6. Over time you will see your power increase for the intervals.

Done properly, these intervals really hurt but they are so good for you. I guarantee jumping across to the race winning break will never feel as hard as these are!