

Indoor Trainer Ride Progression

VO2 Max Intervals

VO2 Max intervals are stressful workouts that require you to build over time. Start with a manageable number of repeats and build to where you are able to achieve about 30 minutes **at your target VO2 Max HR.**

Heart Rate Monitors are not reliable for these repeats since your heart rate takes about 2 minutes to stabilize at the intensity level of the repeat. So, you'll have to rely mostly on perceived exertion. Your exertion should be at about a 9 on a 10 scale, or in terms of heart rate, you'll be at about 90% of max.

Do **not** go as hard as you can on the work interval. The key to VO2 Max training is to accumulate 15-30 minutes of time at about your VO2 Max HR (about 90% of max HR), but in short intervals. Doing intervals that are either too long, or too hard will prevent you from completing the entire workout, thereby not accumulated the needed time at your target intensity level, and not getting the benefit of the workout (even though you'll be pretty gassed out at the end).

The recovery interval is intentionally short for VO2 Max training. If your HR decreases too much during the rest cycle, it will take that much longer to elevate to your target again on the next repeat, thereby reducing the accumulation of time in the target range.

This progression starts well below the targeted 15-30 minutes at VO2 Max, and assumes you are just beginning this type of interval on a regular (once per week) basis.

Warm Up (for all workouts in this progression):

10 minutes at an aerobic/endurance level. If riding a Computrainer, calibrate at the end of this 10 minutes).

5 minutes- spin ups (5 sets): Ride for 15 seconds at about 90 RPM, increase to 100 for 15 seconds, increase to the fastest you can spin without bouncing or rocking for 15 seconds, recover for 15 seconds.

Ride for 5 minutes at an aerobic/endurance level.

Interval Set:

Week One:

- 10 x 30 seconds at VO2 Max intensity/30 seconds recovery
- 5 minutes at aerobic/endurance level
- 10 x 30 seconds at VO2 Max intensity/30 seconds recovery

- 10 minutes recovery spin

Total Workout time: 55 minutes

Week Two:

- 15 x 30 seconds at VO2 Max intensity/30 seconds recovery
- 5 minutes at aerobic/endurance level

- 10 x 30 seconds at VO2 Max intensity/30 seconds recovery

- 10 minutes recovery spin

Total Workout time: 60 minutes

Week Three:

- 20 x 30 seconds at VO2 Max intensity/30 seconds recovery
- 5 minutes at aerobic/endurance level

- 10 x 30 seconds at VO2 Max intensity/30 seconds recovery

- 10 minutes recovery spin

Total Workout time: 65 minutes

Week Four:

- 30 x 30 seconds at VO2 Max intensity/30 seconds recovery

- 10 minutes recovery spin

Total Workout time: 60 minutes

Subsequent Weeks:

Continue to build until you are able to accumulate up to 30 minutes at VO2 Max HR.

Remember: The most effective level in order to achieve the goal and sustain the workout is at about 97-103% of VO2 Max HR (no higher), and when recovery between repeats is short. Limit VO2 Max training to once per week.