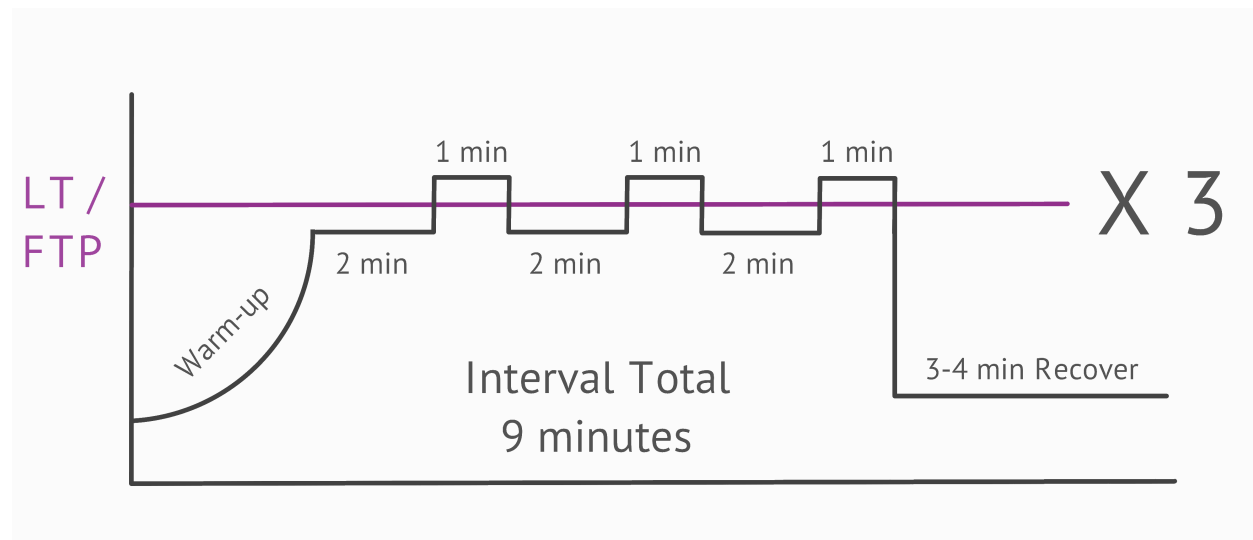


Created by Jennifer Sage, ICA Master Instructor
 Training Type: Threshold development (LT, FTP)
 Working HR Zones: Zone 4–5a
 Total Class Length: 60 minutes

Profile Objective and Intensity:



Please see the ICA Audio Master Class from April 2012 for the original Over/Under Interval profile and coaching. This is another example of a playlist that you can use for this profile, this time focusing on flat road cadences of 80, 90, and 100 rpm. There will be less standing at these cadences, so it's important that you prep your class accordingly and give them ample time to stand up in between the intervals. I've provided some additional coaching to add to the coaching from the original profile, but most can be taken directly from the original.

This profile is perfect training session after a period of time spent working on threshold in shorter intervals, such as hill repeats, as well as some higher-cadence cruise intervals.

Remember that generating the same amount of power at high cadences often elicits a higher heart rate, especially for riders who aren't use to the faster pedaling. If you are doing these intervals using FTP and a power meter, and not LT, then don't be alarmed if their HR is higher for the final interval. This is OK as long as they aren't breathless.

If you don't have power meters and are using HR, then I would not bother allowing the HR to go higher for the final effort. Without a power meter for the visual, it would be too complicated to explain it and you would only serve to confuse your riders.

Warm-up: Digging in the Dirt, Peter Gabriel, 81 bpm, 5:18**Superstition (Todd Terje Edit), Stevie Wonder, 98 bpm, 8:58**

After you warm up gradually to the first song, do some leg surges for the first 5–6 minutes of “Superstition.” Start at 80 rpm, at a resistance that brings you to a moderate intensity, then surge the legs to 98–100 rpm to match the beat of the song. Hold for 40–50 seconds. Recover by slowing back to 80 rpm for about 30–40 seconds. Repeat four or five times. Leave several minutes to ride easy at the end of this song before starting your first interval.

Interval #1: Lipo More, Matenda, 90 bpm, 9:10

Our first interval is at 90 rpm. Stand up for 30 seconds to get the intensity up there, then sit back down and regulate your resistance to make sure you level off at your “Under,” just below your LT. Once you determine what that resistance is, take note of where your resistance knob (or gear) is, so you can automatically go there for the subsequent efforts.

(After 2 minutes) Let’s take it up. Feel free to stand up, but keep it short. If 90 rpm is too fast for you, you can slow down while standing.

(Only stay standing for 10–15 seconds) Sit back down and settle into an intensity just above your LT. You should feel a little uncomfortable, but still not sucking air. We are only a few heartbeats above threshold. If you are gassed, you went too hard!

(After 1 minute) Ease back down to where you were just before we went Over. You may require a minute to coax your heart rate back down, but your perceived exertion should tell you right away that you are where you need to be. It’s still challenging, but refreshing compared to where we just were.

Continue for two more sets.

Recovery #1: St. Theresa, Joan Osborne, 83 bpm, 5:22

Once the heart rate drops down to an easy level, feel free to stand up for a saddle break, making sure not to spike the heart rate.

Interval #2: H-Two-O, Xerxes, 80 bpm, 9:19

You’ll be able to stand a little more on this one, since 80 rpm is easier for most people to handle. Proceed through the three reps of Unders and Overs. Stand up for the first 30–40 seconds of the very first Under, and then allow riders to stand at the beginning of each Over. As before, have them take note of where their resistance knob or gear is for each one so they can quickly return there for each rep.

Recovery #2: Kings and Queens, 30 Seconds to Mars, 82 bpm, 5:47

Like before, take saddle breaks as needed. Let them know the last interval is 99 rpm, so standing will be very limited, except at the very beginning.

This next one may be the most challenging—that’s why I saved it for the end! Our cadence will be 99 rpm. You’ll stand for the first 15 seconds, but don’t worry about holding the fast cadence at that point—just bring the intensity up. Then sit down, grab the

beat, and guide your intensity to your “Under” target HR. For the “Over” you may or may not want to stand—the cadence is a bit high for many to stand with good form. It’s your choice, but remember, we want form first. If you do stand, keep it short. You’ll need a little more resistance when standing. When it’s time to drop it back down to the Under, ease up the gear slightly. It may take a while for the HR to back off, since HR is more affected by faster cadence.

Interval #3: Long Ride to Fargo, The Push, 99 bpm, 10:01

Wait 1 minute before starting so you have 9 minutes of music remaining.

Guide them through the next 9 minutes of Over/Unders. Use occasional RPE cues and reminders to focus on form at this higher cadence, but talk sparingly. They know what to do now; let them accomplish it.

Cool-down: Hall of Fame, The Script feat. will.i.am, 3:23

Snow in the Sahara, Anguun, 84 bpm, 4:19

Cool down and stretch.

Over-Under Intervals
Higher Cadences
Quick Profile

Length	Description
5:18	Warm-up and Introduction Digging in the Dirt, Peter Gabriel, 81 bpm Gradually bring HR to Zone 2
8:58	Leg Surges Superstition (Todd Terje Edit), Stevie Wonder, 98 bpm Begin at 80 rpm, do 4–5 sets of 30- to 40-second surges to 98 rpm with 30–40 seconds recovery. Then ride easy.
9:10	First 9-Minute Interval Lipo More, Matenda, 90 bpm 2 minutes Under/1 minute Over X3, 90 rpm
5:22	Recover St. Theresa, Joan Osborne, 83 bpm
9:19	Second 9-Minute Interval: H-Two-O, Xerxes, 80 bpm 2 minutes Under/1 minute Over X3, 80 rpm
5:47	Recover Kings and Queens, 30 Seconds to Mars, 82 bpm
10:01	Third 9-Minute Interval Long Ride to Fargo, The Push, 99 bpm 2 minutes Under/1 minute Over X3, 99 rpm
3:23	Recover Hall of Fame, The Script feat. will.i.am, 3:23 Bring HR down
4:19	Cool-down, Stretch Snow in the Sahara, Anguun, 84 bpm



Master Class
Over-Under Intervals
A threshold workout

Over-Under Intervals
Music Playlist and Resources

Song Title, Artist, Album

Digging in the Dirt, Peter Gabriel, Us

Amazon, iTunes

Superstition (Todd Terje Edit), Stevie Wonder

Free download from SoundCloud

<https://soundcloud.com/franksinistro/stevie-wonder-superstition-todd-terje-edit>

Lipo More, Matenda, 10 Year's

Amazon, eMusic, iTunes

St. Theresa, Joan Osborne, Relish

iTunes, Amazon

H-Two-O, Xerxes, Psychology

You can buy the track directly from the group: <http://xerxes-music.com/track/h-two-o>

Kings and Queens, 30 Seconds to Mars, This is War

iTunes, Amazon

Long Ride to Fargo, The Push, Transcendental Evidence

eMusic, Amazon, iTunes

Hall of Fame, The Script feat. will.i.am, #3

iTunes, Amazon

Snow in the Sahara, Anguun, 84 bpm

iTunes