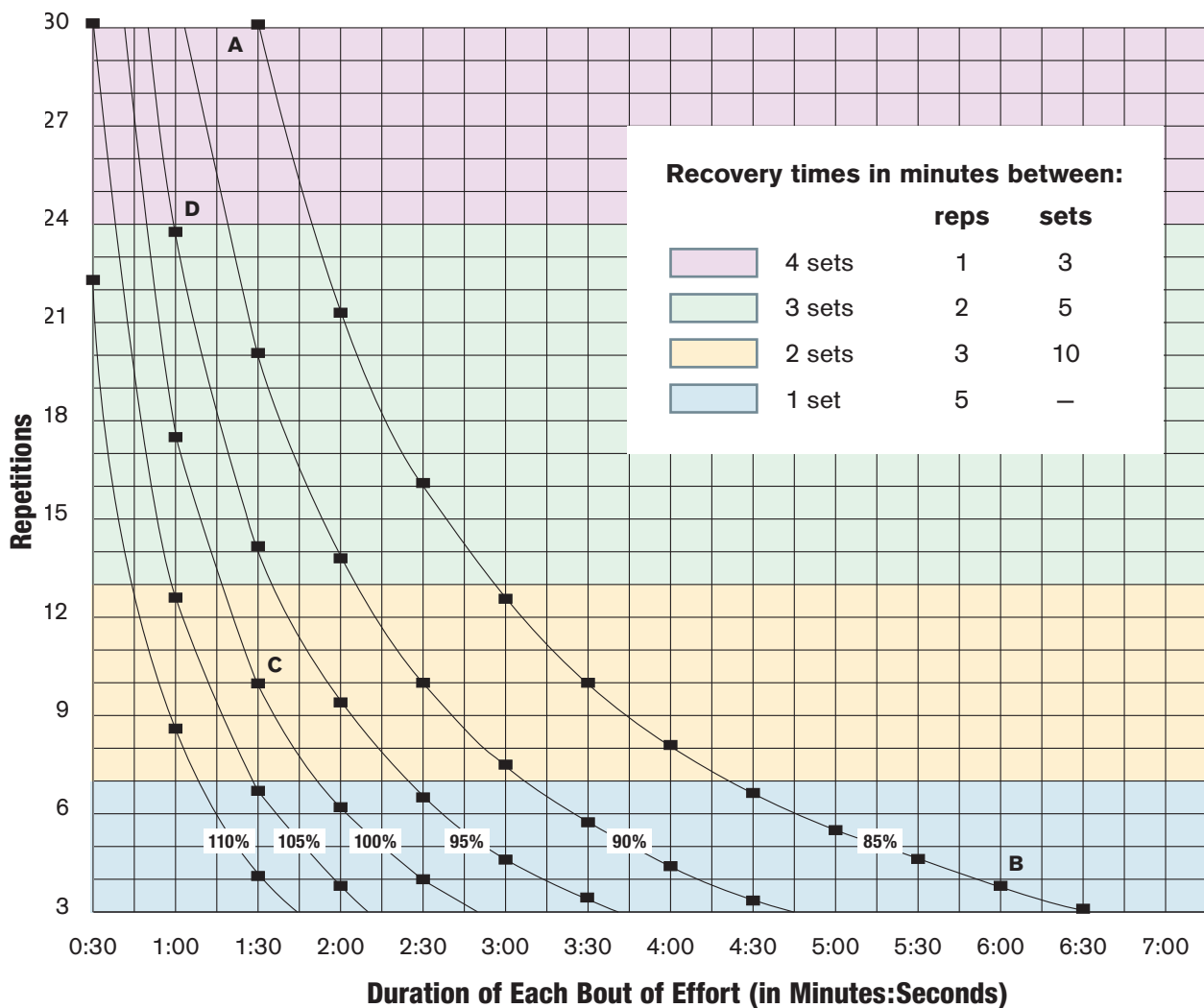


INTERVAL TRAINING MODEL



This graph enables coaches to set interval training sessions suitable for the development of anaerobic capacity (105 or 110% MAP), VO₂max or Maximal Aerobic Power (95, 100, or 105% MAP), or aerobic endurance (85 or 90% MAP), with the appropriate duration and number of bouts of effort. For example, the session represented

at square C consists of 10 repetitions each lasting 1:30 minutes at 100 percent of maximal aerobic power. As indicated in the white box, the 10 repetitions should be broken down into two sets (since it is in the yellow area), and there should be three minutes of active recovery between repetitions and 10 minutes between sets.