

Interval Quiz

Answers to this quiz are found in the HIT (High-intensity Training) eBook available through arniebakercycling.com



CYCLE HANDOUT

- For the majority of riders, the most generally productive interval duration is
 - 15 seconds
 - 30 seconds
 - 1 minute
 - 3 to 5 minutes
 - 8 to 10 minutes
- Intervals should be part of training
 - Thursdays in the preparation period
 - All year round
 - At certain periods during the year
- When performing hard regular work, such as 4-minute intervals, establish a breathing rhythm
 - 2 minutes into the interval
 - 1 minute into the interval
 - Within 15 seconds of starting
 - Before you start
- If the workload is the same, a higher (bigger) gear and lower rpm means
 - More aerobic work is done
 - More muscular work is done
 - More neuromuscular work is done
- Muscle soreness is more likely to result from
 - Slow rpm, high power output
 - Fast rpm, low power output
- When performing six 3-minute intervals
 - Do each interval absolutely as hard as possible to complete each interval
 - Do the first interval as hard as possible. Try to put more in each successive interval
 - Pace yourself, going slightly harder each time
- Optimal recovery time between six 3-minute intervals is
 - 15 to 30 seconds
 - 1 minute
 - 3 minutes
 - 5 minutes
- To train maximum oxygen uptake (VO₂) perform intervals for
 - 15 to 30 seconds
 - 3 to 5 minutes
 - 8 to 10 minutes
 - Any of the above
 - None of the above
- Gear selection for intervals
 - You must be in the big ring
 - You must be in the small ring
 - Choose the gearing that results in the cadence range you're targeting
- To train for improved sprinting, perform intervals only at high cadence
 - True
 - False
- Relative to 3-minute intervals, 30-second intervals are generally performed at speed levels
 - About the same as 3-minute intervals
 - About 25% greater
 - About 50% greater
 - About 100% greater

Continued

- 12.** Intervals can only be done
- A.** On hills
 - B.** On the flats
 - C.** On a stationary trainer
 - D.** On the track
 - E.** All of the above
- 13.** Ancillary equipment for stationary trainer work includes all of the following except
- A.** Heart-rate monitor to help quantify aerobic work
 - B.** Wood blocks or other method to raise front of trainer
 - C.** Fans for cooling
 - D.** TV or headphones for distraction
 - E.** Carbs in solution
- 14.** Intervals should be performed
- A.** Once a week
 - B.** Twice a week
 - C.** More than twice a week
 - D.** Two or three days in a row
 - E.** Could be any of the above
- 15.** Heart-rate target, on average, at the end of 3- or 4-minute intervals, is at least
- A.** 70% to 75% of maximum heart rate
 - B.** 80% to 85% of maximum heart rate
 - C.** About 90% of maximum heart rate
 - D.** Whatever you do, don't go anaerobic!
- 16.** The highest blood lactate levels are recorded after efforts lasting
- A.** 15 seconds
 - B.** 30 seconds
 - C.** 1 minute
 - D.** 3 to 4 minutes.
- 17.** Track pursuit distance for professional riders is 5K, for Elite riders it's 4K, for Masters it's 3K, and for junior women, it's 2K. This approach of reduced distance
- A.** Is a good idea for younger or weaker riders who don't have the stamina of elite or professional men
 - B.** Makes no physiologic sense
- 18.** When faced with too hard a workout
- A.** Abort the workout. Go home.
 - B.** Start as planned: Hard. See how it goes; when you feel tired, stop.
 - C.** Reduce the intensity of all the intervals.
 - D.** Allow yourself to warm-up slowly and back off the early intervals. If you then feel better, perform some high-quality work.
- 19.** When planning or performing an interval session
- A.** Know before you start how many intervals you are going to attempt
 - B.** See how it goes; when you feel tired, stop.
 - C.** Stop when pizza arrives

AB