

NOTE:

Each Program will begin at the start of the interval from Level 1 (Grade time). This means that warm-up and cool-down exercises must be done independently of the main program. Warm-ups and cool-downs can be controlled by pressing "start" on the computer followed by adjusting speed and resistance as the user sees fit.

RUN1 – RUN VO2 MAX

Performance test run for measurement of Vo2 max and capacity. The program runs on a constant 5% incline with an increase of 0.5 kph per minute, as a step test. Start speed is at 10 kph. With this test you can easily measure your capacity by observing how many loads you can manage from session to session. With equipment for testing maximum oxygen, you can use this during the test.

RUN2 – RUN – LACTATE PROFILE

Lactate profile test run for measurement of anaerobic threshold and energy turnover. The program runs on a constant 10% incline with high intensity periods of 6 minutes per load. Exit speed is at 6.6 kph. In this test you can easily measure your anaerobic threshold and energy turnover by observing when the lactate exceeds anaerobic values (+/- 3.5 goals with lactate scout pro). You can also estimate your oxygen uptake by assuming that oxygen uptake increases linearly with the load. (Example: 6.6 kph corresponds to 32-33 Vo2, 10.2 kph corresponds to 55-56 vo2, 12 kph corresponds to 65 Vo2, etc.)

RUN3 – RUN - LACTATE PROFILE

Lactate profile test run for measurement of anaerobic threshold and energy turnover. The program runs on a constant 5% incline with high intensity periods of 6 minutes per load. Exit speed is at 8 kph. In this test you can easily measure your anaerobic threshold and energy turnover by observing when the lactate exceeds anaerobic values (+/- 3.5 goals with lactate scout pro). You can also estimate your oxygen uptake by assuming that oxygen uptake increases linearly with the load. (Example: 8 kph corresponds to 32-33 Vo2, 12 kph corresponds to 55-56 vo2, 15 kph corresponds to 65 Vo2, etc.)

XCD1 – DIAGONAL INTERVAL PROFILE

Progressive interval training for diagonal exercise on roller skis. 8 min high intensity, 2 min break, 4 min high intensity, 2 min break, 4 min high intensity, 2 min break, 4 min high intensity, 2 min break, 4 min high intensity, 2 min break. The high intensity periods runs on a 12% incline. The breaks are carried out with the same incline but with a light load (speed). Efficient exercise for improving uphill capacity on roller skis and diagonal technique.

XCD2 – DIAGONAL – PERFORMANCE TEST

Performance test roller skis for measuring capacity and performance uphill. The program runs on a 12% incline with an increase of 0.5 kph per minute, as a step test. Exit speed is at 8 kph. With this test you can easily measure your capacity by observing how many loads you can manage from session to session. You can utilise equipment for maximum oxygen uptake during the test. Additionally, you can work on technique with increasing loads and adapt this to your speed.

XCDP1 – DOUBLE-POLING INTERVAL – PROFILE

Progressive interval training for double-poling on roller skis. 8 min high intensity, 2 min break, 4 min high intensity, 2 min break, 4 min high intensity, 2 min break, 4 min high intensity, 2 min break. The high intensity periods runs on a 4% incline. The breaks are carried out with the same incline but with light load (speed). efficient exercise for improving technique and double-poling capacity in slight uphill terrain on roller skis. With this type of progressive interval workout you will achieve a good training session that will be beneficial both technically and physically.

XCDP2 – DOUBLE-POLING – PERFORMANCE TEST

Performance test roller skis for measuring capacity and performance in double-poling on a slight uphill. The program runs on a 4% incline with an increase of 0.5 kph per minute for ten minutes, as a step test. Exit speed is at 14 kph. After 10 minutes the speed will have increased to 18 kph, and the program will then continue to increase with 1% every two minutes. 10-12min 5%, 12-14min 6% and 14-16min 7%. With this test you can easily measure your capacity by seeing how many loads you can manage from session to session. You can utilise equipment for maximum oxygen uptake during the test. Additionally, you can work on technique with increasing loads and adapt this to your speed.

BIKE1 – BIKE – MODERATE UPHILL

Interval program bike in moderate incline for the development of capacity uphill. The program runs on a 8% incline in 8 minute intervals with progressive speed which increases every two minutes. The first high intensity period has an exit speed of 12 kph. This increases to 14 kph after two minutes, 16 kph after four minutes, and 18 kph after six minutes. Eight minutes into the exercise the speed will downgrade to 10 kph and you will get a two minute active break before the next high intensity period. The following high intensity periods are carried out similarly with exit speeds at 14 and 16 kph respectively with the same progression of 2 kph speed increase every two minutes, followed by an active two minute break with a speed of 10 kph after every eight minute high intensity period. In total, the program offers 3x8 minutes interval training in a moderate incline.

BIKE2 – BIKE – STEEP UPHILL

Interval program bike on a steep incline for developing capacity uphill. The program runs on a 13% incline in 4 minute intervals with progressive speed which increases every two minutes. The first high intensity period has an exit speed of 9 kph. This increases to 10 kph after two minutes. Four minutes into the exercise the speed will downgrade to 7 kph and you will get a two minute active break before the next high intensity period. The following high intensity periods are carried out similarly with starting speeds at 10, 11, 12 and 13 kph respectively with the same progression of 1 kph speed increase every two minutes, followed by an active two minute break with a speed of 7 kph after every four minute high intensity period. In total, the program offers 5x4 minutes interval training in a steep incline.