

## VO2 Max – Level 4 session

**Intent:** *Build volume – Build VO2 max – emphasis*

**Workout:** *Rollerskiing / skiing - classic / skate*

### Session Aims

- *Improve maximal aerobic capacity* by increasing cardiac output – achieved by gradually increasing the training time at maximal HR in a controlled “aerobically biased environment”. This is to maximize the aerobic stimulus and minimize the anaerobic contribution and try to minimize muscular fatigue which will ultimately limit the “aerobic” load in each repetition.
- 2 progressive builds
  - 1) *Increase time at max*
  - 2) *Gradually decrease recoveries*

### Intensity descriptors for the session

- Controlled effort about 85% of max velocity
- Lactate 6-10 mmol/L
- HR guide: Target an initial HR of threshold as soon as possible – building to Max workout HR at 3 mins and holding steady to end of rep

### Session Outline:

| PROGRESSION 1  | SETS & REPS                                     | RECOVERY BETWEEN SETS & REPS   | SUMMARY                                |
|--|---|--|--|
| Warm-up<br><i>20 mins of light (HR&lt;level 1) activity, plus warm-up stretches.</i><br><i>2 mins steady (HR Level 2)</i><br><i>4 x (15s hard: 1 min easy)</i><br><i>5 mins easy:</i><br><i>6 x 6s (short rhythm efforts)</i>  | <b>5 x 4 mins 6 - 10 mmol/L lactate on reps</b> | <u>Recovery Between Reps:</u><br>Easy recovery to A1, then 6 min at level 1 (La < 3 mmol)<br><u>Cool Down to finish</u><br>20 min at level 1 | TOTAL VOL~ 1.3 hrs<br>TOTAL LOAD ~ 2.2 |
| PROGRESSION 2  |   |  |  |
| Warm-up<br>Repeat as above   | <b>2 X 3 X 4 mins</b>                           | <u>Reps:</u><br>Easy recovery to A1, then 4 min at level 1<br>10 MINS EASY BET'N SETS  | TOTAL VOL~ 1.5 hrs<br>TOTAL LOAD ~ 2.8 |
| PROGRESSION 3  |   |  |  |
| Warm-up<br>Repeat as above   | <b>4 X 5 mins</b>                               | As PROG 1  | TOTAL VOL~ 1.4 hr<br>TOTAL LOAD ~ 2.3  |
| PROGRESSION 4  |   |  |  |
| Warm-up<br>Repeat as above   | <b>2 X 3 X 5 mins</b>                           | <u>Reps:</u><br>Easy recovery to A1, then 5 min at level 1<br>10 MINS EASY BET'N SETS  | TOTAL VOL~ 1.8 hrs<br>TOTAL LOAD ~ 3.0 |
| PROGRESSION 5  |   |  |  |
| Warm-up<br>Repeat as above   | <b>4 X 6 mins</b>                               | As PROG 1  | TOTAL VOL~ 1.5 hr<br>TOTAL LOAD ~ 2.4  |
| PROGRESSION 6  |   |  |  |
| Warm-up<br>Repeat as above   | <b>2 X 3 X 6 mins</b>                           | <u>Reps:</u><br>Easy recovery to A1, then 5 min at level 1<br>10 MINS EASY BET'N SETS  | TOTAL VOL~ 2.0 hrs<br>TOTAL LOAD ~ 3.2 |
| NOTES  |   |  |  |
| <ul style="list-style-type: none"> <li>❖ The key to this session is holding a steady relaxed high work load on each repetition – work with developing a feeling of the load more so than your heart rate. I have given you a heart rate guide and maybe we can test a couple of lactates on this for you so you can check you are within the range.</li> <li>❖ These sessions are definitely hard but the key is maintaining the intensity of effort if you are fading then take a break as the time of reps should not drop off significantly!!!!</li> <li>❖ Altitude will increase the time needed for recovery. Take your time and drop back to previous progression if necessary.</li> </ul> |   |  |  |