

**Supplementary material 1:** Detailed exercise intervention with programme for each session.

## The Early MS Exercise Study

<b>Maximal heart rate (HRmax)</b>	<b>182</b>
60%	109
65%	118
70%	127
75%	137
80%	146
85%	155
90%	164
95%	173

### Planned sessions

Always 5 minutes warm up at 60 % HRmax

### Meso cycle 1

Introduction and fundamental conditioning with a majority of longer intervals and continuous exercise sessions

Week	<b>PRE-TEST SESSION + FAMILIARIZATION</b>				
	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
1					
Session 1	36	182	118	137	65
	6x(5 mins. @65-75 % + 1-3 mins. break) Try different exercise modalities.				
	<b>WATT-MAX TEST</b>				
	Time (mins.)	HRmax			Average % HRmax
Session 2	30	182			n/a
	See testprocedure in manuscript				

Week	<b>INTRODUCTION TO INTENSITIES</b>				
	Time (mins.)	HRmax	60 % HRmax	90 % HRmax	Average % HRmax
2					
Session 3	38	182	109	164	72
	7x(3 mins. @60/65/70/75/80/85/90 % + 1 min. break) + 10 mins. @65-70 %				
	<b>CONTINUOUS SESSION</b>				
	Time (mins.)	HRmax	65 % of HRmax	70 % of HRmax	Average % HRmax
Session 4	40	182	118	127	65
	40 mins. @65-70 %				

Week	<b>INTERVALS 1.0</b>				
	Time (mins.)	HRmax	60 % HRmax	80 % HRmax	Average % HRmax
3					
Session 5	30	182	109	146	69
	10 mins. @60-65 % + 2 min. break + 3x(5 mins. @75-80 % + 1 min. break)				
	<b>INTERVALS 2.0</b>				
	Time (mins.)	HRmax	65 % HRmax	80 % HRmax	Average % HRmax
Session 6	30	182	118	146	69
	2x(7 mins. @65-70 % + 1 min. break + 5 mins. @75-80 % + 2 min. break)				

<b>Week</b>	<b>INTERVALS 1.1</b>				
4	Time (mins.)	HRmax	65 % HRmax	85 % HRmax	Average % HRmax
Session 7	30	182	118	155	74
10 mins. @65-70 % + 2 min. break + 3x(5 mins. @80-85 % + 1 min. break)					
	<b>INTERVALS 2.1</b>				
	Time (mins.)	HRmax	70 % HRmax	85 % HRmax	Average % HRmax
Session 8	30	182	127	155	74
2x(7 mins. @70-75 % + 1 min. break + 5 mins. @80-85 % + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.2</b>				
5	Time (mins.)	HRmax	60 % HRmax	80 % HRmax	Average % HRmax
Session 9	35	182	109	146	68
15 mins. @60-65 % + 2 min. break + 3x(5 mins. @75-80 % + 1 min. break)					
	<b>INTERVALS 2.2</b>				
	Time (mins.)	HRmax	65 % HRmax	80 % HRmax	Average % HRmax
Session 10	36	182	118	146	69
3x(5 mins. @65-70% + 1 min. break + 4 min. @75-80% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.3</b>				
6	Time (mins.)	HRmax	65 % HRmax	85 % HRmax	Average % HRmax
Session 11	35	182	118	155	73
15 mins. @65-70 % + 2 min. break + 3x(5 mins. @80-85 % + 1 min. break)					
	<b>INTERVALS 2.3</b>				
	Time (mins.)	HRmax	70 % HRmax	85 % HRmax	Average % HRmax
Session 12	36	182	127	155	74
3x(5 mins. @70-75% + 1 min. break + 4 min. @80-85% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.4</b>				
7	Time (mins.)	HRmax	60 % HRmax	80 % HRmax	Average % HRmax
Session 13	40	182	109	146	66
20 mins. @60-65 % + 2 min. break + 3x(5 mins. @75-80 % + 1 min. break)					
	<b>INTERVALS 2.4</b>				
	Time (mins.)	HRmax	65 % HRmax	80 % HRmax	Average % HRmax
Session 14	42	182	118	146	70
3x(6 mins. @65-70% + 1 min. break + 5 min. @75-80% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.5</b>				
8	Time (mins.)	HRmax	65 % HRmax	85 % HRmax	Average % HRmax
Session 15	40	182	118	155	71
20 mins. @65-70 % + 2 min. break + 3x(5 mins. @80-85 % + 1 min. break)					
	<b>INTERVALS 2.5</b>				
	Time (mins.)	HRmax	70 % HRmax	85 % HRmax	Average % HRmax
Session 16	42	182	127	155	75
3x(6 mins. @70-75% + 1 min. break + 5 min. @80-85% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.6</b>				
9	Time (mins.)	HRmax	60 % HRmax	80 % HRmax	Average % HRmax
Session 17	46	182	109	146	68
20 mins. @60-65 % + 2 min. break + 4x(5 mins. @75-80 % + 1 min. break)					
	<b>INTERVALS 2.6</b>				
18	Time (mins.)	HRmax	65 % HRmax	80 % HRmax	Average % HRmax
Session 18	45	182	118	146	69
3x(7 mins. @65-70% + 1 min. break + 5 min. @75-80% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.7</b>				
10	Time (mins.)	HRmax	65 % HRmax	85 % HRmax	Average % HRmax
Session 19	46	182	118	155	73
20 mins. @65-70 % + 2 min. break + 4x(5 mins. @80-85 % + 1 min. break)					
	<b>INTERVALS 2.7</b>				
20	Time (mins.)	HRmax	70 % HRmax	85 % HRmax	Average % HRmax
Session 20	45	182	127	155	74
3x(7 mins. @70-75% + 1 min. break + 5 min. @80-85% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.8</b>				
11	Time (mins.)	HRmax	60 % HRmax	80 % HRmax	Average % HRmax
Session 21	51	182	109	146	68
20 mins. @60-65 % + 2 min. break + 5x(5 mins. @75-80 % + 1 min. break)					
	<b>INTERVALS 2.8</b>				
22	Time (mins.)	HRmax	65 % HRmax	80 % HRmax	Average % HRmax
Session 22	48	182	118	146	69
4x(5 mins. @65-70% + 1 min. break + 4 mins. @75-80% + 2 min. break)					

<b>Week</b>	<b>INTERVALS 1.9</b>				
12	Time (mins.)	HRmax	65 % HRmax	85 % HRmax	Average % HRmax
Session 23	51	182	118	155	73
20 mins. @65-70 % + 2 min. break + 5x(5 mins. @80-85 % + 1 min. break)					
	<b>PRE-TEST SESSION (RECOVERY SESSION)</b>				
24	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
Session 24	36	182	118	137	65
6x(5 mins. 65-75 % + 1 min. break)					

Planned time:	938,0
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Planned average % HRmax:	70,2
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## Meso cycle 2

Interval training with gradual, but alternating, increases in duration and intensity and interspersed by continuous session

<b>Week</b>	<b>WATT-MAX TEST</b>				
13	Time (mins.)	HRmax			Average % HRmax
Session 25	30	182			n/a
See test procedure in manuscript					
	<b>INTERVALS 1.0</b>				
	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 26	30	182	146	155	80
6x(4 mins. @80-85 % + 1 min. break)					

<b>Week</b>	<b>INTERVALS 1.0</b>				
14	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 27	30	182	146	155	80
6x(4 mins. @80-85% + 1 min. break)					
	<b>CONTINUOUS SESSION</b>				
	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 28	40	182	127	137	70
40 mins. @70-75 %					

<b>Week</b>	<b>INTERVALS 1.1</b>				
15	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 29	30	182	155	164	85
6x(4 mins. @85-90 % + 1 min. break)					
	<b>INTERVALS 1.1</b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 30	30	182	155	164	85
6x(4 mins. @85-90 % + 1 min. break)					

<b>Week</b>	<b>CONTINUOUS SESSION</b>				
16	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 31	40	182	127	137	70
40 mins. @70-75 %					
	<b>INTERVALS 1.2</b>				
	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 32	35	182	146	155	80
7x(4 mins. @80-85 % + 1 min. break)					

<b>Week</b>	<b>INTERVALS 1.2</b>				
17	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 33	35	182	146	155	80
7x(4 mins. @80-85 % + 1 min. break)					
	<b>CONTINUOUS SESSION</b>				
	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 34	45	182	127	137	70
45 mins. @70-75 %					

<b>Week</b>	<b><u>INTERVALS 1.3</u></b>				
18	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 35	35	182	155	164	85
7x(4 mins. @85-90 % + 1 min. break)					
	<b><u>INTERVALS 1.3</u></b>				
Session 36	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	35	182	155	164	85
7x(4 mins. @85-90 % + 1 min. break)					

<b>Week</b>	<b><u>CONTINUOUS SESSION</u></b>				
19	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 37	45	182	127	137	70
45 mins. @70-75 %					
	<b><u>INTERVALS 1.4</u></b>				
Session 38	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
	40	182	146	155	80
8x(4 mins. @80-85 % + 1 min. break)					

<b>Week</b>	<b><u>INTERVALS 1.4</u></b>				
20	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 39	40	182	146	155	80
8x(4 mins. @80-85 % + 1 min. break)					
	<b><u>CONTINUOUS SESSION</u></b>				
Session 40	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
	50	182	127	137	70
50 mins. @70-75 %					

<b>Week</b>	<b><u>INTERVALS 1.5</u></b>				
21	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 41	40	182	155	164	85
8x(4 mins. @85-90 % + 1 min. break)					
	<b><u>INTERVALS 1.5</u></b>				
Session 42	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	40	182	155	164	85
8x(4 mins. @85-90 % + 1 min. break)					

<b>Week</b>	<b><u>CONTINUOUS SESSION</u></b>				
22	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 43	45	182	127	137	70
45 mins. @70-75 %					
	<b><u>INTERVALS 1.6</u></b>				
Session 44	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
	45	182	146	155	80
9x(4 mins. @80-85 % + 1 min. break)					

<b>Week</b>	<b>INTERVALS 1.6</b>				
23	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
Session 45	45	182	146	155	80
9x(4 mins. @80-85 % + 1 min. break)					
<b>Week</b>	<b>CONTINUOUS SESSION</b>				
Session 46	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
	40	182	127	137	70
40 mins. @70-75 %					

<b>Week</b>	<b>INTERVALS 1.6</b>				
24	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 47	45	182	155	164	85
9x(4 mins. @85-90 % + 1 min. break)					
<b>Week</b>	<b>PRE-TEST SESSION (RECOVERY SESSION)</b>				
Session 48	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
	36	182	118	137	65
6x(5 mins. 65-75 % + 1 min. break)					

Planned time: 926,0

Planned average % HRmax: 77,8

### Meso cycle 3

General conditioning and progression from longer intervals with moderate intensity to shorter intervals with high intensity

<b>WEEK</b>	<b>TEST SESSION, 24 WEEKS</b>				
25	Time (mins.)	HRmax			Average % HRmax
	30	182			n/a
See test procedure in manuscript					
<b>Week</b>	<b>INTERVALS 1.0</b>				
Session 49	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
	46	182	127	137	70
2x(20 mins. @70-75 % + 3 mins. break)					

<b>WEEK</b>	<b>"PYRAMID" SESSION</b>				
26	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 50	46	182	127	173	76
14-10-6-4-2 mins. @70-75 %/75-80 %/80-85 %/85-90 %/90-95 % with 2 mins. break					
<b>Week</b>	<b>INTERVALS 1.0</b>				
Session 51	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
	46	182	127	137	70
2x(20 mins. @70-75 % + 3 mins. break)					

<b>WEEK</b>	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
27	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 52	35	182	137	146	80
5x(4 mins. @75-80 % + 1 min. MAX + 2 min. break)					
	<b>INTERVALS 1.1</b>				
Session 53	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
	51	182	137	146	75
3x(15 mins. @75-80 % + 2 mins. break)					

<b>WEEK</b>	<b>"PYRAMID" SESSION</b>				
28	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 54	46	182	127	173	76
14-10-6-4-2 mins. @70-75 %/75-80 %/80-85 %/85-90 %/90-95 % with 2 mins. break					
	<b>INTERVALS 1.1</b>				
Session 55	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
	51	182	137	146	75
3x(15 mins. @75-80 % + 2 mins. break)					

<b>WEEK</b>	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
29	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 56	35	182	137	146	80
5x(4 mins. @75-80% + 1 min. MAX + 2 min. break)					
	<b>INTERVALS 1.2</b>				
Session 57	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
	48	182	146	155	80
4x(10 mins. @80-85 % + 2 mins. break)					

<b>WEEK</b>	<b>"PYRAMID" SESSION</b>				
30	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 58	46	182	127	173	76
14-10-6-4-2 mins. @70-75 %/75-80 %/80-85 %/85-90 %/90-95 % with 2 mins. break					
	<b>INTERVALS 1.2</b>				
Session 59	Time (mins.)	HRmax	80 % HRmax	85 % HRmax	Average % HRmax
	48	182	146	155	80
4x(10 mins. @80-85 % + 2 mins. break)					

<b>WEEK</b>	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
31	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 60	35	182	137	146	80
5x(4 mins. @75-80% + 1 min. MAX + 2 min. break)					
	<b>INTERVALS 1.3</b>				
Session 61	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	48	182	155	164	85
8x(4 mins. @85-90% + 2 mins. break)					

WEEK	<b>"PYRAMID" SESSION</b>				
32	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 62	46	182	127	173	76
	14-10-6-4-2 mins. @70-75 %/75-80 %/80-85 %/85-90 %/90-95 % with 2 mins. break				
	<b>INTERVALS 1.3</b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 63	48	182	155	164	85
	8x(4 mins. @85-90% + 2 mins. break)				

WEEK	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
33	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 64	35	182	137	146	80
	5x(4 mins. @75-80% + 1 min. MAX + 2 min. break)				
	<b>INTERVALS 1.4</b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 65	40	182	155	164	85
	10x(3 mins. @85-90% + 1 min. break)				

WEEK	<b>"PYRAMID" SESSION</b>				
34	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 66	46	182	127	173	76
	14-10-6-4-2 mins. @70-75 %/75-80 %/80-85 %/85-90 %/90-95 % with 2 mins. break				
	<b>INTERVALS 1.4</b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 67	40	182	155	164	85
	10x(3 mins. @85-90% + 1 min. break)				

WEEK	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
35	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 68	35	182	137	146	80
	5x(4 mins. @75-80% + 1 min. MAX + 2 min. break)				
	<b>CONTINUOUS SESSION</b>				
	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 69	45	182	127	137	70
	45 mins. @70-75%				

WEEK	<b>MIXED INTERVALS</b>				
36	Time (mins.)	HRmax	70 % HRmax	90 % HRmax	Average % HRmax
Session 70	45	182	127	164	76
	3x(7 mins. @70-75% + 1 min. break + 5 mins. @85-90% + 2 mins. break)				
	<b>PRE-TEST SESSION (RECOVERY SESSION)</b>				
	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
Session 71	36	182	118	137	65
	6x(5 mins. 65-75 % + 1 min. break)				

Planned time: 1027,0

Planned average % HRmax: 77,4

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## Meso cycle 4

High intensity interval sessions interspersed by longer continuous moderate intensity sessions

<b>Week</b>	<b><u>WATT-MAX TEST</u></b>				
37	Time (mins.)	HRmax			Average % HRmax
Session 72	30	182			n/a
See test procedure in manuscript					
	<b><u>INTERVALS 1.0</u></b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 73	36	182	155	164	85
3x(4-3-2 mins. @85-90 % with 1 min. break between intervals)					

<b>Week</b>	<b><u>INTERVALS 2.0</u></b>				
38	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 74	40	182	155	164	85
10x(3 mins. @85-90 % + 1 min. break)					
	<b><u>CONTINUOUS SESSION</u></b>				
	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 75	45	182	127	137	70
45 mins. @70-75 %					

<b>Week</b>	<b><u>INTERVALS 1.0</u></b>				
39	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 76	36	182	155	164	85
3x(4-3-2 mins. @85-90 % with 1 min. break between intervals)					
	<b><u>INTERVALS WITH MAXIMUM BOUTS</u></b>				
	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 77	40	182	137	146	79
5x(6 mins. @75-80% + 1 min. MAX + 1 min. break)					

<b>Week</b>	<b><u>INTERVALS 1.1</u></b>				
40	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 78	45	182	155	164	85
3x(5-4-3 mins. @85-90 % with 1 min. break between intervals)					
	<b><u>INTERVALS 2.0</u></b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 79	40	182	155	164	85
10x(3 mins. @85-90 % + 1 min. break)					

<b>Week</b>	<b><u>CONTINUOUS SESSION</u></b>				
41	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 80	45	182	127	137	70
45 mins. @70-75 %					
	<b><u>INTERVALS 1.1</u></b>				
	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 81	45	182	155	164	85
3x(5-4-3 mins. @85-90 % with 1 min. break between intervals)					

<b>Week</b>	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
42	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 82	40	182	137	146	79
5x(6 mins. @75-80% + 1 min. MAX + 1 min. break)					
	<b>INTERVALS 1.2</b>				
Session 83	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	45	182	155	164	85
3x(6-4-2 mins. @85-90 % with 1 min. break between intervals)					

<b>Week</b>	<b>INTERVALS 2.0</b>				
43	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 84	40	182	155	164	85
10x(3 mins. @85-90 % + 1 min. break)					
	<b>CONTINUOUS SESSION</b>				
Session 85	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
	45	182	127	137	70
45 mins. @70-75 %					

<b>Week</b>	<b>INTERVALS 1.2</b>				
44	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 86	45	182	155	164	85
3x(6-4-2 mins. @85-90 % with 1 min. break between intervals)					
	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
Session 87	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
	40	182	137	146	79
5x(6 mins. @75-80% + 1 min. MAX + 1 min. break)					

<b>Week</b>	<b>INTERVALS 1.3</b>				
45	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
Session 88	48	182	155	164	85
4x(4-3-2 mins. @85-90 % with 1 min. break between intervals)					
	<b>INTERVALS 2.0</b>				
Session 89	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	40	182	155	164	85
10x(3 mins. @85-90 % + 1 min. break)					

<b>Week</b>	<b>CONTINUOUS SESSION</b>				
46	Time (mins.)	HRmax	70 % HRmax	75 % HRmax	Average % HRmax
Session 90	45	182	127	137	70
45 mins. @70-75 %					
	<b>INTERVALS 1.3</b>				
Session 91	Time (mins.)	HRmax	85 % HRmax	90 % HRmax	Average % HRmax
	48	182	155	164	85
4x(4-3-2 mins. @85-90 % with 1 min. break between intervals)					

<b>Week</b>	<b>INTERVALS WITH MAXIMUM BOUTS</b>				
47	Time (mins.)	HRmax	75 % HRmax	80 % HRmax	Average % HRmax
Session 92	40	182	137	146	79
5x(6 mins. @75-80% + 1 min. MAX + 1 min. break)					
	<b>"PYRAMID" SESSION</b>				
	Time (mins.)	HRmax	70 % HRmax	95 % HRmax	Average % HRmax
Session 93	36	182	127	173	79
9x(3 mins. @70-75/75-80/80-85/85-90/90-95/85-90/80-85/75-80/70-75 % with 1 min. break)					

<b>Week</b>	<b>PRE-TEST SESSION (RECOVERY SESSION)</b>				
48	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
Session 94	36	182	118	137	65
6x(5 mins. 65-75 % + 1 min. break)					
	<b>PRE-TEST SESSION (RECOVERY SESSION)</b>				
	Time (mins.)	HRmax	65 % HRmax	75 % HRmax	Average % HRmax
Session 95	36	182	118	137	65
6x(5 mins. 65-75 % + 1 min. break)					

Planned time: 986,0

Planned average % HRmax: 79,3

<b>TOTAL:</b>		
Planned time:	<b>3877,0</b>	Planned average % HRmax: <b>76,2</b>