Thank you for downloading this “Faster on race day” presentation.

Here’s what you have never really been told about High-Intensity Interval Training (HIT) and how to train smart...

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Since 1991
PowerBar User
Since 1990
Disclaimer

I want you to go faster.

I am constantly trying to improve the model of training, nutrition and technology interaction to its “best”.

There is always another 1% to be found...
My observations & questions

1. Never seen triple-sport HIT study
2. Fast Z1 athletes are fast racers
3. HIT is rarely done hard enough
70–90% of effective training is proven to be easy to moderate (Z1)
Unspecific Z2 is “junk”
MASSIVE WASTE OF TIME AHEAD
GOLDEN RULE:

Monitor Z1 to ensure no “junk”
HIT (Z3) adds a useful ~10%

...no one gets a PB or medal without it
Optimal HIT sessions a week?

...( 1wk x 5 HIT sessions ) +( 3wk x 1HIT sessions )

2
GOLDEN RULE:

HIT must be planned & on a solid base
Z2 & HIT gives pace judgement
10–20% Z3 HIT beats 40% Z2
GOLDEN RULE:

Zone 2 is not the “best” place to be
THE IDEAL WEEK?

1–3 HIT sessions
(3:1 – Z1:Z3)
e.g. 6x4+2RI
 e.g. 5x6+3RI

4–10 Z1 sessions
skill, endurance &
feeding/fasting
GOLDEN RULE:

Most athletes are not training optimally
Got a question?

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Innovation never stops!

PowerBar – Isotonic gel now out

AudioFuel – mp3 Interval Sessions coming

Rotor – Indoor cycle efficiency software Q2 2013

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