

INDOOR WORKOUT SERIES

CRUISE INTERVALS (MEB MILES)

Cruise intervals are one of Meb's GO-to sessions during the lead-up to a race - including his 2014 Boston Marathon victory. Now you can learn how to complete this session even when the weather outside isn't cooperating!



Length of Workout: 50 min-120 min variable based on pace & level



Benefits: Build Strength, Endurance & VO2Max



Tip: There is not a lot of rest between intervals, so be sure not to go too hard too early in the workout. These intervals should feel similar to the Steady State Long Ride in being "comfortably hard".

CRUISE INTERVALS (MEB MILES)

	Novice	Intermediate	Advanced	Elite
Warm-up	10 min	15 min	20 min	20 min
Sets	4	6	8	10
Mile Interval	10k Race Pace	10k Race Pace	10k Race Pace	10k Race Pace
Recovery Interval (Low Gear or Rest)	:90 sec	:90 sec	:90 sec	:90 sec
Cool-Down	10 min	15 min	20 min	20 min
Total Workout Time*	50 min-70 min	60 min-70 min	70 min-90 min	90 min-120 min

*This will vary based on your 10k Race Pace and the level of the session.

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