



## **KITCHEN SINK**

**Presented by Mark Tickner**

### **OVERVIEW**

With the fitness industry asking for high intensity interval training all the time, let me show you how to execute them perfectly with this "4 energy system" ride that improves the 4 key physiological zones by throwing everything at you!

Starting with very short neuromuscular power all-out sprints, then short sharp  $VO_{2max}$  intervals, followed by longer threshold fitness work, and finally extracting that last bit of high intensity out of your body with anaerobic capacity!

Yes this ride is hard, yes it will sting in the legs, and yes you will love this high-energy rush and adrenaline-fueled ride!

### **OBJECTIVES**

- Ride, learn and understand the real differences of work / intensity and recovery in interval training
- Experience all intensities as we ride systematically through all energy systems using various movements and cadences
- Understand physically, why the correct work to rest ratio is crucial for real performance!

### **SUMMARY**

Don't follow the crowd of instructors by trying to "teach" high intensity / hard interval training all the time with the wrong work / rest. Train yourself and your students / athletes / clients and experience real work, real rest for **REAL PERFORMANCE & IMPROVEMENTS!**

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