



OFF-LEGS GLOSSARY

Descriptors

Effort= Maximal Effort/Exertion (“That was flat out”)

Recovery = Easy Effort (“Keep moving”)

Rest = Stop but stay in position (“Time to get ready for what’s next”)

Off = Stop and time off the apparatus (“Phew... walk it off and go get a drink”)

Abbreviations

m = metre(s)

' = minute(s)

“ = second(s)

/ = interval(s)

: = interval(s)

OT = On The

OTMEM = On The Minute Every Minute

W = Watts

RPM = Revolutions Per Minute or Cadence

Examples:

- 5' x 15":15" @ 300+W/200W
Complete 5minutes of intervals 15sec of 300W (or higher) and 15sec of 200W

