

# Threshold Training

## Adaptions

Increases the amount of power that the aerobic system is able to produce at the lactate threshold.

## Guidelines

**Keep your heart rate close to your lactate threshold** during each round. It's alright if you go a little higher or lower, as long as the average is close to your threshold.

You want to keep the **total time between 20-40 minutes**, but you can split it up into multiple intervals. Keep your rest period half as long as your working period. So if you do 4x10 minutes, take a 5 minute break in between each interval.

Use this method for a maximum of 1-2 training sessions per week during your regular training.

## How this method is used

For this method you need training partners that are able to roll at an intensive pace with you.

You want to roll at the maximum pace that you can maintain for the 20-40 minutes. You should be very exhausted at the end of each interval.

The easiest way to do this during regular class is by just rolling two rounds in a row and then sitting one out.

Don't just go hard against unassuming training partners. Before you start, find two training partners that want to roll hard with you and then alternate between them.

This training works well in a group of three, just alternate between training partners each round.

Positional sparring and speed drills also work well for this method.

