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sport / 如何训练Polarized Training

如何训练80%低强度20%高强度训练

Seiler 2013 4 x 16, 4 x 8 2 90% Vo2Max 9%

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[1] <https://scicycle.wordpress.com/category/如何/page/2/>

Date: 2025-05-04
Words: 173
Time to read: 1 min

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18th May 2025

如何训练:40s,20s,5-6,...

13th April 2025

如何训练