

Head for the Hills[©]

Heart Zones Training

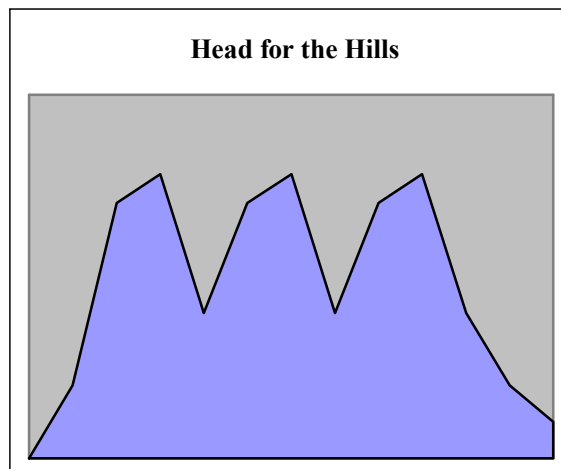
Ride Chart

Type of Ride	Interval
Purpose	Increase aerobic capacity, improve pedaling efficiency and increase power output
Percent of maximum heart rate	75% - 90%
Percent of threshold heart rate	~85% - 100%
Zones	3-4
Time	1-1 ½ hrs.
Heart Zones Points	~70-265 (maximum) ~70-265 (threshold)

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Number of Repeats	1-2	3-5	6-8	<9	>10
Heart Rate % for maximum	70%-75%	75%-80%	75%-90%	75%-90%	75%-90%
Heart Rate % for threshold	~80%-85%	~85%-90%	~85%-100%	~85%-100%	~85%-100%
Work Interval (min.)	1:30	1:30	1:30	1:30	1:30
Recovery Interval % for maximum	70%	70%	70%	70%	70%
Recovery Interval % for threshold	~80%	~80%	~80%	~80%	~80%

Heart Rate Profile



Rider's Notes

Head for the Hills (example for level 3 rider)

- ⌚ 30 min. warm up
- ⌚ Increase heart rate to 75% of maximum heart rate or ~85% of threshold heart rate for 30 sec. @70 rpm, then accelerate cadence to 95 rpm for 1 min.
- ⌚ Recover heart rate
- ⌚ Repeat interval according to your riding level
- ⌚ Warm down 20 to 30 minutes in Zone 2

Ride Overview

To manage hilly terrain successfully, you must minimize your fatigue while climbing and become more efficient in your pedaling stroke. You will want to warm up at least 30 minutes at an easy pace before doing this series of cadence surges. Find a nice long, gradual hill or a series of gradual hills. Pick a gear in which you can ride at 70 rpm and 75% of your maximum heart rate **or 85% of your threshold heart rate** for 30 seconds, then accelerate hard, stay seated, and increase your cadence to 95 rpm for 1 minute as you continue to climb. Slow your cadence back to 70 rpm and repeat the interval once your heart rate has recovered **to the bottom of zone 3**. You may continue these accelerations until you can't maintain 95 rpm for the 1-minute or repeat the interval according to your rider level. Warm down with an easy pace for 20-30 minutes. Initially you may only be able to do a few accelerations on the hills, but keep trying. They will get easier as you get fitter.