



(Heart Rate Profile)

Maximum Heart Rate \_\_\_\_\_

Threshold Heart Rate \_\_\_\_\_

## Hit the Road Jack

Riding Time: 65 min.  
Training Block: Block 1, P2 (Strength)  
Heart Zones Training Points: ~175-200

Warm-up: 10 min. Zone 2  
Warm-down: 5 min. Zone 2  
Off the bike stretching: 15 min.

Time	Main Set	Cadence	Zone	Threshold HR	Your HR (bpm)	Maximum HR
15 min.	(6) x 20 sec. moderate to heavy resistance 40 sec. <b>decrease</b> resistance, increase rpm 60 sec. <b>decrease</b> resistance, increase rpm 30 sec. easy pedal recovery	80 rpm 90 rpm 100 rpm 70 rpm	2-4	~70%-90%	_____	~60%-80%
2 min.	Recovery	70 rpm	2	~70%	_____	60%
6 min.	(6) x 10 sec. standing sprint, heavy resistance 50 sec. seated recovery, easy pedal	90+rpm 70 rpm	2-4	~70%-90%	_____	~60%-80%
1 min.	Recovery	70 rpm	2	~70%	_____	60%
6 min.	(6) x 15 sec. easy to moderate resistance 15 sec. <b>increase</b> resistance 15 sec. <b>increase</b> resistance 15 sec. <b>increase</b> resistance (repeat)	80 rpm 80 rpm 80 rpm 80 rpm	2-5	~70%-100%	_____	~60%-90%
1 min.	Recovery	70 rpm	2	~70%	_____	60%
5 min.	<i>Tempo</i> – Alternate 1 min. standing, heavy resistance, 1 min. seated	75 rpm	2-4	~70%-90%	_____	~60%-80%
2 min.	Recovery	70 rpm	2	~70%	_____	60%
6 min.	3 min. - quickly increase heart rate to within 5 bpm of threshold and sustain 1 min. - <b>increase</b> heart rate 5 bpm and sustain 1 min. - <b>decrease</b> heart rate 5 bpm and sustain 1 min. - <b>increase</b> heart rate 5 bpm and sustain	choice choice choice choice	2-5	~70%-100%	_____	60% - threshold heart rate
2 min.	Recovery	70 rpm	2	~70%	_____	60%
4 min.	1 min. – 10 sec. on/10 sec. off, moderate resistance 1 min. – 10 sec. on/10 sec. off, <b>increase</b> resistance 1 min. – 10 sec. on/10 sec. off, <b>increase</b> resistance 1 min. – 10 sec. on/10 sec. off, <b>increase</b> resistance	choice choice choice choice	2-5	~70%-100%	_____	60%-90%

© 2006 Sally Edwards and Sally Reed All Rights Reserved

No warranty is given as to the accuracy of the information on any of the pages. No responsibility is accepted for any loss or damage suffered as a result of the use of that information or reliance on it. It is a matter for users to satisfy themselves as to their or their clients medical and physical condition to adopt the information or recommendations made. Notwithstanding a users medical or physical condition, no responsibility or liability is accepted for any loss or damage suffered by any person as a result of adopting the information or recommendations