



EASY RIDER 3

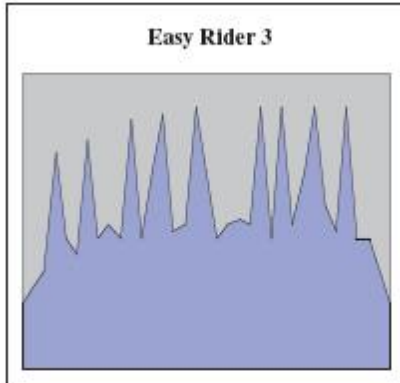
Ride Selection Criteria

Type	Combination/recovery
Intensity	Aerobic
Zones	1-3
% Maximum HR	65%-80%
% Threshold HR	~75%-90%
Mesocycle	Preparation 1, Preparation 2
Terrain	Flat, rolling
Time	50 minutes-2 hours
Heart Zones Points	~120-280 (maximum and threshold)
Purpose	Active recovery and technique

Set(s) by Rider's Fitness Level

	<i>Level 1</i>	<i>Level 2</i>	<i>Level 3</i>	<i>Level 4</i>	<i>Level 5</i>
% Maximum HR	65%-80%	65%-80%	65%-80%	65%-80%	65%-80%
% Threshold HR	~75%-90%	~75%-90%	~75%-90%	~75%-90%	~75%-90%
Cadence	80-95 rpm	80-95 rpm	80-95 rpm	80-95 rpm	80-95 rpm
Sprints	10 sec.	10 sec.	15 sec.	15 sec.	15 sec.
Number of Sprints	3	6	9	12	15

Heart Rate Profile and Rider's Notes



- 1 Pick flat to rolling terrain and easy gearing.
- 2 Stay under 70% of maximum heart rate or 80% of threshold heart rate (except when performing sprints), working on body position, pedal stroke, and cadence.
- 3 Intersperse sprints according to fitness level throughout the ride.

Ride Overview

This is easy riding designed to give your body a chance to recover but still stay in the saddle and work on some technique. The goal is to stay under 70 percent of maximum heart rate or 80 percent of threshold heart rate. Pick a ride that is relatively flat. If you have hills, use an easy gear and small chainring to spin your way to the top while staying seated. Intersperse sprints for speed work throughout the ride according to your fitness level. For the most part, this is a “feel good” ride that allows you to smell the roses or chat with your training partner. Work on your body position, pedal stroke, and cadence. Give an all-out effort on your sprints and quickly return to an easy pace. Your legs should feel relaxed as noodles. Ride easy, relaxing every muscle in your body and letting your mind go.

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