

60 WHats!



2 by +60 by 2 Minutes, an Interval Ride®

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Description: This interval experience does more than break a sweat, it challenges you to figure out the cardiac cost of each single watt that you expend riding faster and harder. The fitter you are the lower your cardiac cost per watt of power. Keep track of this ride, record it in your log or download it into Power Agent 7.0. ride “2 by +60 by 2” again next month and compare your results to see if your training plan is getting you the biggest bang for the buck that you invested in time and sweat.

Ride Format: Start your timer or console. Warm-up for 5 minutes with an easy cadence and an easy effort. Note your average watt output the last 1 minute of warm-up time. This is your *starting watt number* – remember it. Begin the main set of the ride by quickly increasing your watts by +60. For example, if you warm up at 120 watts jump it up quickly to 180 watts by increasing both cadence and force. During each 2-minute interval hold this starting watt number +60 watt for an elapsed time of 2 minutes. Recover by easing your cadence and effort dropping your watts down by -60, or your starting watt number and hold this for a total of 2 minutes. Repeat this sequence of 2-minutes of hard effort increasing your watts by +60 and then recovering back down to your starting watt number for a total of 30-50 minutes. Cool-down for 5 minutes.

60 Whats!

2 BY +60 BY 2 Minutes

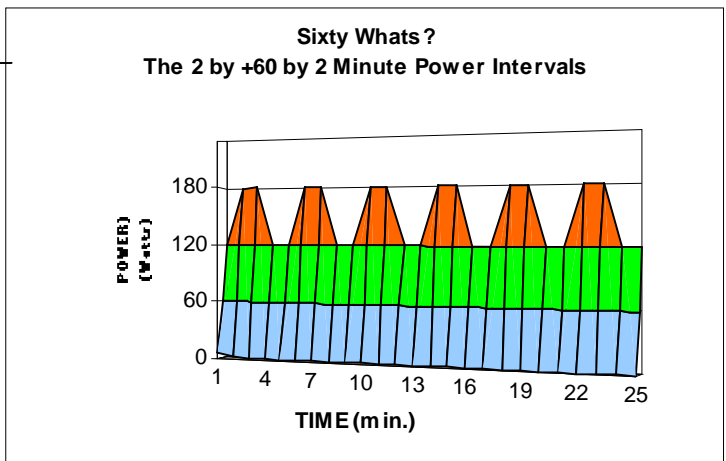
Event	Description	Duration (min)	Elapsed Time (min)
Warm-Up	Easy pedaling at 80-90 RPM+	5	5
Repeat 5 –12 times*	Increase watts by 60 and hold	2	20-48
	Recover. Drop 60 watts.	2	
Cool Down	Easy pedaling at 90 rpm	5	5
		Total Elapsed Time:	30-58 minutes

*Modification: If you are in excellent shape change to 3-4 minutes and alternate each interval set between increasing cadence, then resistance, then standing position.

* RPM means revolutions per minute
SE 120806

Ride Profile: The ride profile provides an at-a-glance view of the ride with power in watts compared to time. Note the zone colors reflect the temperature of the intensity with cool blue low power and hot orange high power.

Ride Name: 60 Whats! 2 by +60 by 2 minutes.



Challenge: This ride is for both riding indoor cycling (IC) and outdoor. Modify the ride to fit your current fitness level by increasing the interval time or by increasing the number of watts that you use as your load, in this case, +60 watts. After finishing the ride, I challenge you to compare your results with mine and answer the following questions:

- How many heart beats does 1 watt of increased load cost you?
- Can you use this as a test of your ride performance by repeating this ride periodically?
- If you are fitter, do you get fewer or more heartbeats per watt of power?

I challenge you to ride with me by comparing your results. My cardiac cost is 30 heart beats for +60 watts of power. That means that for each increase in a single heartbeat I had to increase my power by 2 watts. What is your cardiac cost of 1 watt of power? On the bike, are you fitter and more efficient than I am?

Let me know by contacting me at sally.edwards@heartzones.com.

Sally Edwards, The Head Heart, Heartzones.com,



Director of Training, CycleOps



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