



Easy Rider 2 ©

Heart Zones Training

Ride Chart

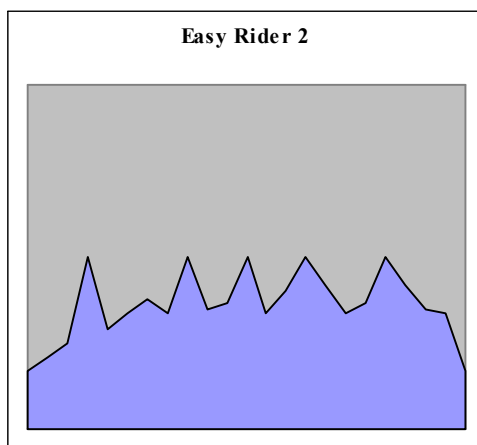
Type of Ride	Combination/Recovery
Purpose	Active recovery and technique
Percent of maximum heart rate	<75%
Percent of threshold heart rate	<85%
Zones	1-3
Time	30 min. – 2 hrs.
Heart Zones Points	~60-240 (maximum) ~60-240 (threshold)

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Heart Rate (maximum)	<75%	75%	<75%	<75%	<75%
Heart Rate (threshold)	<85%	<85%	<85%	<85%	<85%
Cadence	80-95 rpm	80-95 rpm	80-95 rpm	80-95 rpm	80-95 rpm
*Spin Ups	3	4	5	6	7

*Spin Ups - Easy to moderate gearing. Start from 60 rpm and build 10 rpm every 10 seconds for 1 min. Intersperse throughout ride.

Heart Rate Profile



Rider's Notes

Easy Rider 2

- 🚲 Pick flat to rolling terrain & easy gearing
- 🚲 Stay under 75% of maximum heart rate or 85% of threshold heart rate working on body position, pedal stroke and cadence
- 🚲 Intersperse Spin Ups according to fitness level throughout 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 75% of maximum heart rate or 85% 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 Spin Ups for form and speed work throughout the ride according to your fitness level. 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. **Your legs should feel relaxed as noodles. Ride easy relaxing every muscle in your body and let your mind go.**