

Fixit ©
Heart Zones Training



Ride Profile

Type of Ride	Combination
Purpose	Building aerobic capacity and endurance, muscular strength and leg speed
Percent of maximum heart rate	60%-80%
Percent of threshold heart rate	70%-90%
Zones	2-3
Time	1 hr.-2 hrs.
Heart Zones Points	150-300

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Heart Rate % of maximum	60%-70%	60%-80%	60%-80%	60%-80%	60%-80%
Heart Rate % of threshold	70%-80%	70%-90%	70%-90%	70%-90%	70%-90%

Ride Sketch

Fixit
⌚ 20 min. warm up
⌚ Set gearing for strength level
⌚ Ride Flat to Rolling course in zones 2 & 3 with out changing gearing
⌚ Warm down 20 min.

Ride Overview

This ride is best done initially on flat terrain and as you get stronger gradually add hills. Give yourself a good 20 minute warm up before setting your gearing for the rest of the ride. When you set your gearing, choose what is appropriate for your strength level. Use a small chainring (39-42) and a large cog (15-19). This ride will build endurance, strength and leg speed.