

Hiccup ©
Heart Zones Training



Ride Profile

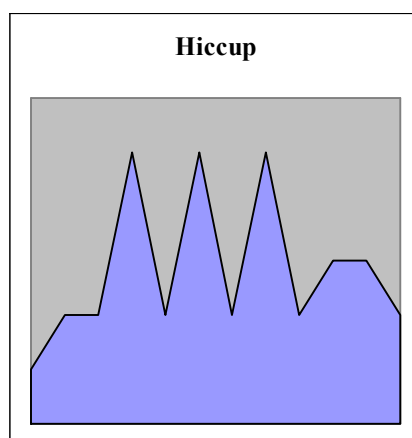
Type of Ride	Interval
Purpose	Increase muscular strength and non aerobic power output
Percent of maximum heart rate	60%-90%+
Zones	2-5
Percent of threshold heart rate	70%-105%+
Zones	2-5b
Time	1 ½ hr. – 2 ½ hr.
Heart Zones Points	175 - 300

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Number of Repeats	-	2	3	4	5
Heart Rate % for maximum	-	60%-85%	60%-90%	60%-90%+	60%-90%+
Heart Rate % for threshold	-	70%-95%	70%-threshold	70%-105%+	70%-105%+
Work Interval	-	20 sec.	30 sec.	45 sec.	60 sec.
Recovery Interval	-	3:30 min.	5:00	7:30	10:00
Work to recovery ratio	-	1:10	1:10	1:10	1:10

* Not recommended for Level 1 riders

Ride Sketch



Hiccup

- ⌚ 20 min. warm up
- ⌚ Fast cadence half way up the hill then shift to big chain ring, stand and sprint to top of hill
- ⌚ Recover and repeat according to fitness level.
- ⌚ Warm down or continue ride in zone 3 with a cadence of 80-95 rpm

Ride Overview

Hills are your friends, they make you stronger and sooner or later they will be in your training plan. Warm up for a minimum of 20 minutes then start your first hill sprint. Find a gradual hill (4-5%) that is approximately 200 to 400 yards long.

In an easy gear with a high cadence (95 rpm) spin halfway up the hill, then shift into your big chain ring, stand and sprint all out to the top of the hill or sprint according to your fitness level time.

Recover and then repeat according to your fitness level. As you get stronger, shift to harder gearing. Try to finish your last sprint strong as if you were sprinting to the finish line.

Warm down 20-30 minutes or continue zone 3 ride with 80-95 cadence.