



Rock Steady[©]

Heart Zones Training Threshold

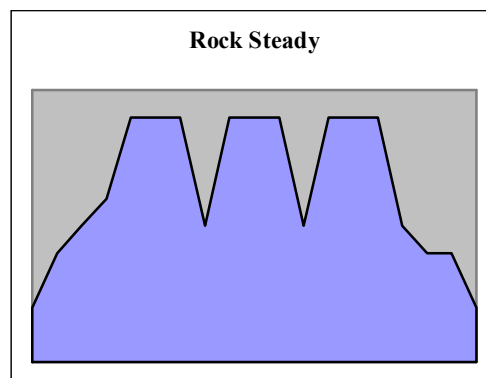
Ride Profile

Type of Ride	Steady State
Purpose	Build aerobic and muscular endurance
Percent of threshold heart rate	95+%
Zones	2-4
Time	1 hr. – 2 ½ hrs.
Heart Zone Points	80-440

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Number of Repeats	1	2	3	4	4
Heart Rate	<Threshold	<Threshold	<Threshold	<Threshold	<Threshold
Work Interval	10 min.	12 min.	14 min.	16 min.	20 min.
Recovery Interval	5 min.	4 min.	3:30 min.	4 min.	5 min.
Work to Recovery Ratio	2:1	3:1	4:1	4:1	4:1
Cadence	90-100 rpm	90-100 rpm	90-100 rpm	90-100 rpm	90-100 rpm

Ride Sketch



Rock Steady

- ⌚ 15-20 min. warm up
- ⌚ Repeat Steady State intervals per fitness level at 3-5 bpm below threshold heart rate. Cadence 90-100 rpm.
- ⌚ 15-20 min. warm down

Ride Overview

Rock Steady is designed to increase the riders' aerobic capacity and endurance. This ride can be as challenging as you want to make it by increasing the steady state interval time and or increasing the intensity. The length of the ride may also be increased by adding riding time in zones two and three prior to the steady state intervals or after. Cadence during the steady state intervals should be between 90-100 rpm on flat to rolling terrain.