

Turtle Rock ©
Heart Zones TrainingThreshold

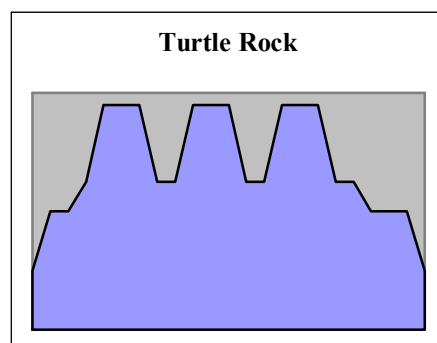
Ride Profile

Type of Ride	Steady State
Purpose	Increase aerobic workload efficiency
Percent of threshold heart rate	<90%
Zones	2 -3
Time	1 ¼ hrs.-3 hrs.
Heart Zone Points	200-540

Rider's Fitness Level

	Level 1	Level 2	Level 3	Level 4	Level 5
Number of Repeats	3	3	3	3	3 or more
Heart Rate	80%-85%	85%-90%	85%-90%	85%-90%	85%-90%
Work Interval	10 min.	14 min.	20 min.	30 min.	30 min.
Recovery Interval	5 min.	7 min.	10 min.	15 min.	15 min.
Work to Recovery Ratio	2:1	2:1	2:1	2:1	2:1
Cadence	70-75 rpm	70-75 rpm	70-75 rpm	70-75 rpm	70-75 rpm

Ride Sketch



Turtle Rock

- ⌚ 15-20 min. warm up
- ⌚ Repeat Steady State Intervals according to fitness level. Cadence 70-75 rpm., moderately big gear
- ⌚ 15-20 min. warm down

Ride Overview

This ride is named after a mountain in the California Alps near the town of Markleeville. It is near the start and finish of the famed Death Ride. What these two rides have in common is a test of your ability to stay steady, focused and tenacious like a tortoise. Choose this ride in Block 1 of your training and adjust the intervals for your fitness level. The goal is to spend time in the saddle building your aerobic base. The tempo or cadence is steady along with heart rate which will be between 85% and 90% of your threshold. Choose flat to rolling terrain and ride in a moderately big gear at 70-75 rpm. Warm up for 15 to 20 minutes then choose the steady state work interval that best fits your fitness and training level. Finish with a 15 to 20 minute warm down.