

## Workout of the Month: Build Your Power Watts and Your Heart Rate

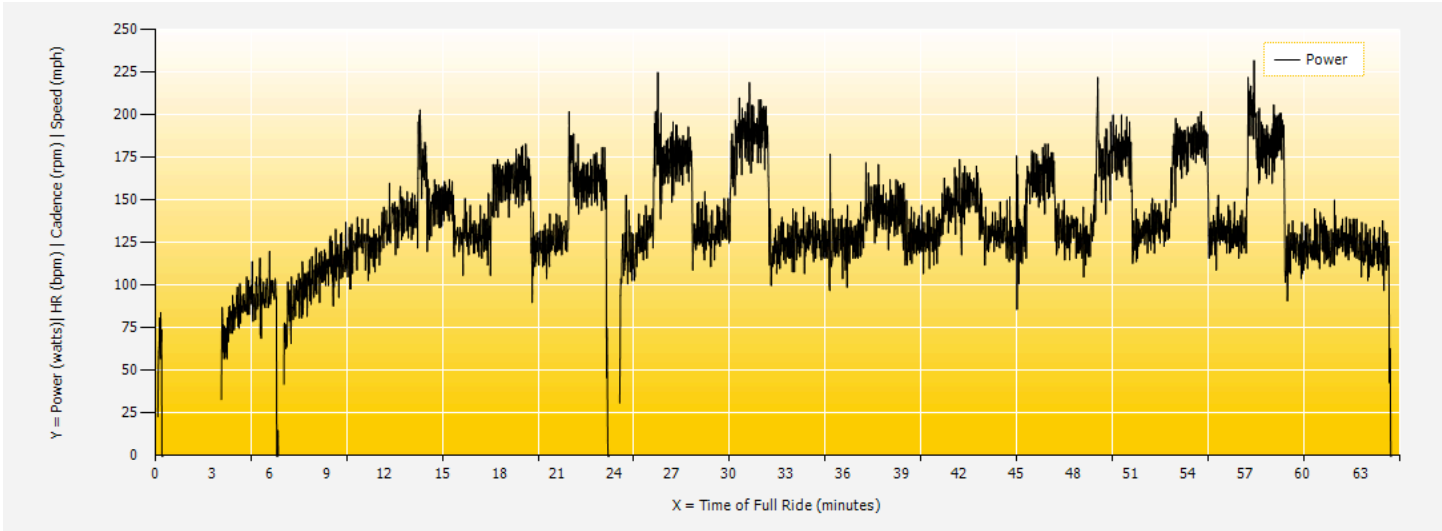
**DESCRIPTION:** This workout is 35- 65 minutes of challenging riding or a workout on any piece of power-equipped machine (elliptical, rower, stepper). You can do this workout just using a power meter, just using a heart rate monitor, or best, combing the two monitors to “couple” your numbers.

The purpose of the Build Your Power ride is to find your heart rate and power output at an “easy” effort level and your power output at a “hard” effort level. The terms “easy” and “hard” are quite often used when riding “naked” or without biofeedback tools like power meters, fitness computers and heart rate monitors. These two definitions – easy and hard – are subjective and are best determined using training tools.

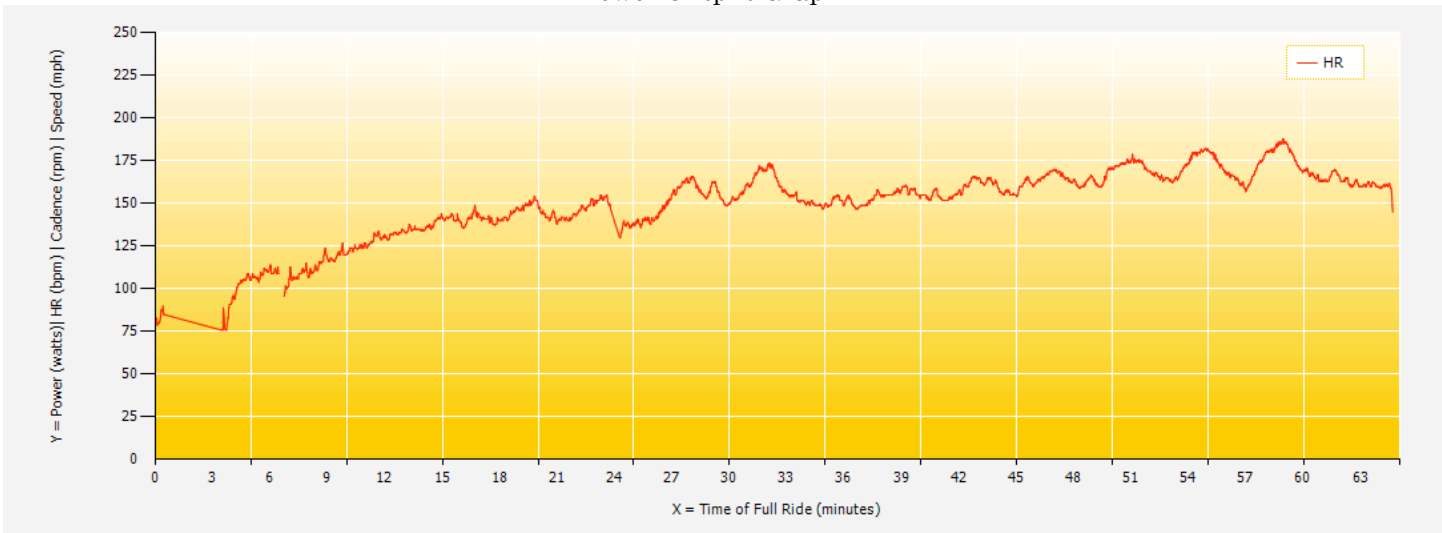
This is not a maximum power output workout, nor a maximum heart rate workout. This is a sustainable interval power workout that gives you the best of both – sub-hitting those max numbers and efforts.

### WORKOUT:

Warm-up 5 minutes at 60% of maximum heart rate	
Increase heart rate 5 minutes to 70% of maximum heart rate (easy)	Note your power (watts) at this “easy” heart rate number.
Increase power 10 watts for 2 minutes	Generally, heart rate increases linearly when training at sub-Threshold intensity.
Decrease power 10 watts for 2 minutes	Notes: Heart rate may or may not decrease at same rate as power decreases (see heart rate graph below, which shows some variance in heart rate, but, more generally, appears as a build of heart rate. Heart rate may be close to 90 percent of maximum heart rate at maximum sustained power output. Note your maximum sustainable power output at your hardest level of effort. As fitness improves, power coupled to heart rate improves – you can have a higher power at a lower heart rate number.
Increase power 20 watts for 2 minutes	
Decrease power 20 watts for 2 minutes	
Increase power 30 watts for 2 minutes	
Decrease power 30 watts for 2 minutes	
Continue the pattern (40, 50, 60 watts, etc...) until you cannot hold the power (watts) or heart rate (beats per minute) or both for the full 2 minutes. This effort level is your “hard” number.	
Either cool-down for five minutes for a shorter workout, or repeat session (see graph below) 3-6 repeats. Cool-down upon completion of the interval set.	



Power Output Graph



Heart Rate Graph

Contributed by Kathy Kent, Heart Zones Level 5c Master Trainer  
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