

WORKOUT OF THE MONTH: The Triple Play

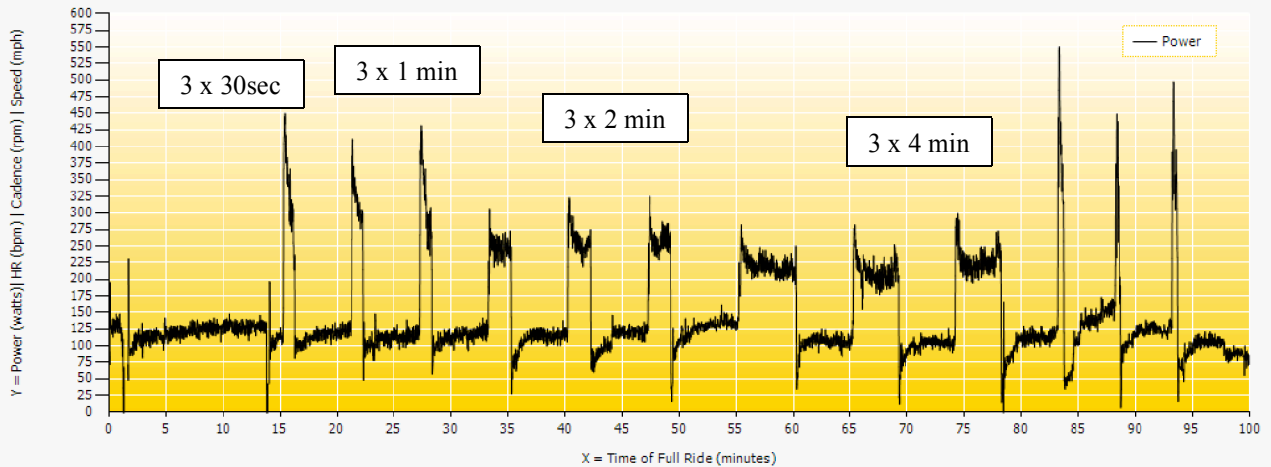
By Kathy Kent, Heart Zones Master Trainer and Owner of Midwest Heart Cycling

DESCRIPTION: This is an intense, ninety-plus minute, interval cycling workout. It's geared toward increasing both your power output and your general fitness level—so it's great for those seeking performance results. Your goals are to get the biggest heart rate (and power numbers, if you have a power meter) that you possibly can.

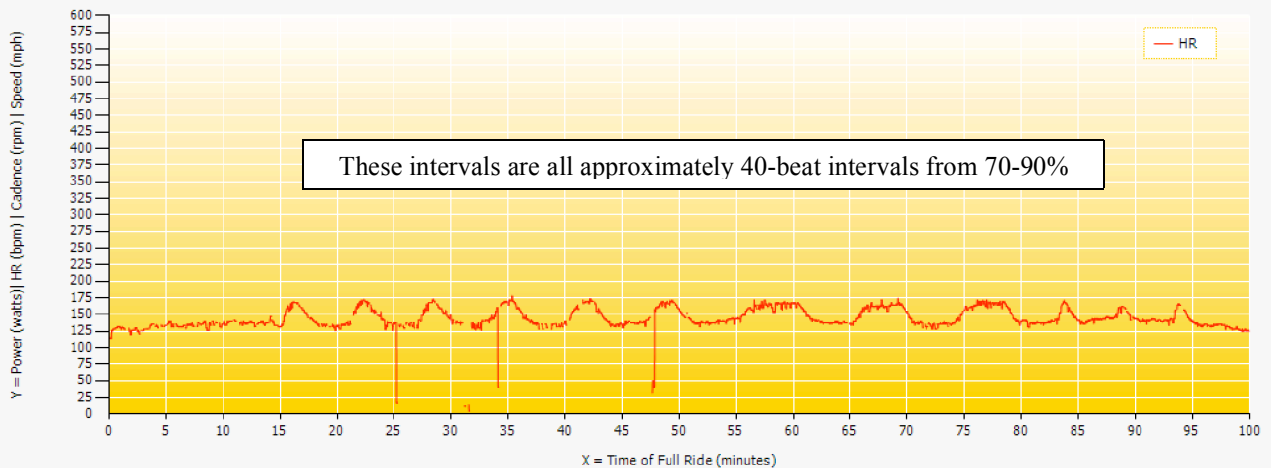
WORKOUT: The Triple Play is a 3-interval workout, with each interval being a different duration. The shorter the interval duration, the higher the power output. Meanwhile, heart rate responds by soaring up to (or beyond) 90% of maximum.

As it stands, this ride is only for the super-fit. Make sure you modify this ride to fit your current fitness level; see "**Conclusion**" for details. You can adapt it to the beginner (Single Play) or intermediate level (Double Play).

Description	Percent Max Heart Rate (Power Value)	Duration
Warm-up in Zones 1-2 from 50% to 70% of maximum heart rate	70%	15 minutes
3 x 1 minute each with 5 minutes recovery at 70% in between each interval	90% (or Maximum power)	18 minutes
3 x 2 minutes each with 5 minutes recovery at 70% in between each interval	90% (or Threshold Power)	21 minutes
3 x 4 minutes each with 5 minutes recovery at 70% in between each interval	90% or maximum (or Sub-Threshold Power)	27 minutes
3 x 30 seconds each with 5 minutes recovery at 70% in between each interval	90% or maximum (Peak Power)	16½ minutes
Cool down to Zone 2, Zone 1	55-70%	Approx 15 minutes



Power in Watts Graph



Heart Rate Graph

CONCLUSION: Here are some ways to modify a heart rate or power workout to fit your fitness:

1. Drop the intensity down by one entire zone (approximately 20 bpm) for each interval.
2. Decrease the time for each interval (e.g., from a 4-minute to a 3-minute or 2-minute interval).
3. Decrease the number of repetitions (e.g., from 4 repeats to 2 repeats).
4. Shorten the entire amount of time of the ride to what fits your training time.

A 90-minute interval ride is tough—you can brag about it afterwards if you want.