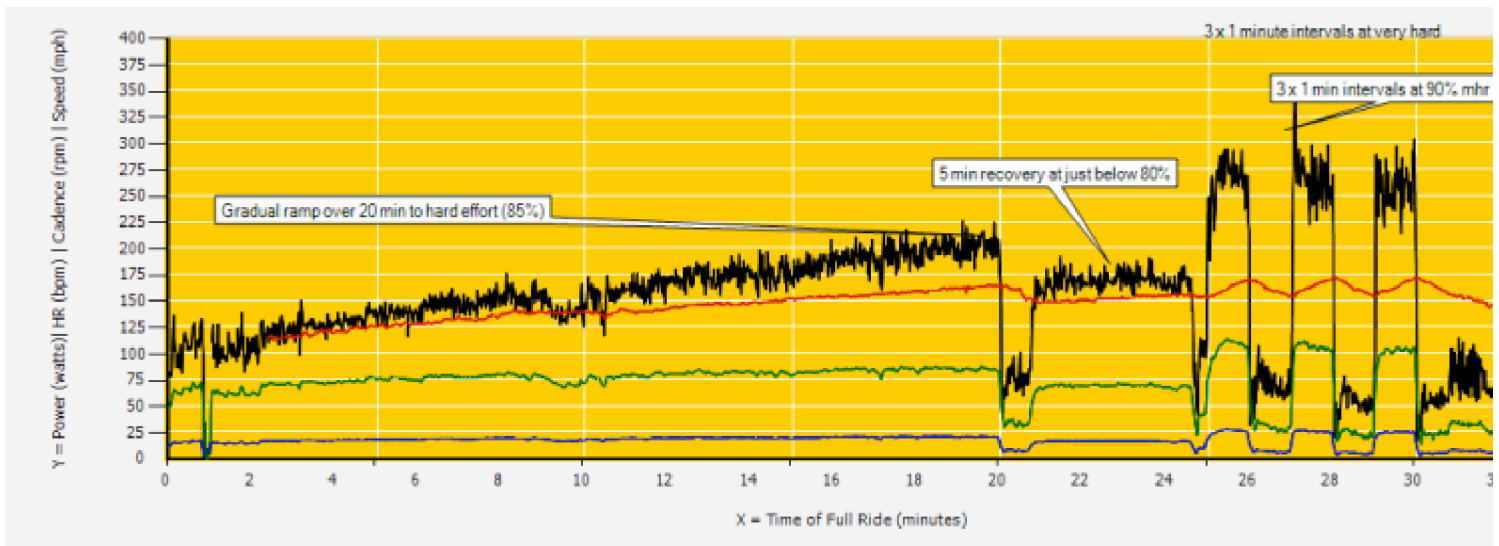


Workout of the Month: Ride, Kathy, Ride

Description: This is a heart rate-driven workout, with power as the response. Start with an easy warm up at 60% of maximum heart rate. Begin a slow 20-minute uphill by increasing resistance to produce a heart rate increase of 2.5% every two minutes. Watch as your heart rate and power output floats upward in direct relationship to each other. When you hit 80%, take a recovery for five minutes and regroup as you prepare for high, hot, hard intervals. Begin them at minute 25, sprinting to 90% of maximum and holding for a total duration of 2 minutes, before you recover for one minute. Complete three sets of 1 high, hot, hard interval followed by 1-minute active recovery. Cool down. If you can download power and heart rate it should resemble the following profile. And, thanks Kathy Kent for contributing this tough 32-minute experience.



Ride Kathy Ride

Time	Heart Rate (percent of maximum heart rate)	Description	Power Response (for Kathy Kent)
0-1.9	60%	Warm-up. Go at an easy cadence and spin.	~100 watts
2.0-19.9	60%-80%	Gradually increase resistance resulting in 0.25% increase in heart rate every 2 minutes to ~80%.	~100-200 watts
20.0-24.9	70%-75%	Recover and mentally prepare.	~125 watts
25-31	90%	Intervals: 1 minutes hard, 1 minute active recovery.	~275 peak watts
31+	60%	Cool-down.	~100 watts

*Contributed by Kathy Kent, Heart Zones Red Level 5 Master Trainer.
Note: Please email me any rides that you would like to contribute to our Library of Rides.
You receive full credit for designing and riding them.*