



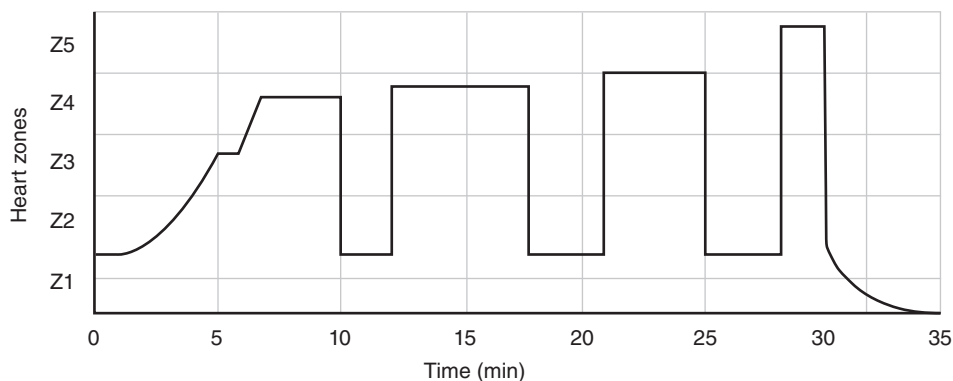
This workout is for indoor cycle training, particularly for those who want to get faster and fitter. One way to get faster is to follow the “at, about, or around” principle of training—that is, to train at, about, or around your anaerobic threshold (high-intensity) heart rate. Training at this rate leads to an improved anaerobic threshold, which means that when you reach your anaerobic threshold (the crossover point between aerobic and anaerobic metabolism), your heart rate is higher or closer to your maximum.

This 30-minute interval workout is called the red hot workout because a majority of the workout is in zone 5, the red line zone (90 to 100 percent of MHR). The red line zone is the highest intensity level; it stresses your entire body. You must be training regularly and be relatively fit before you attempt any red line zone workouts.

To do this workout, you need to know your estimated anaerobic threshold. (To estimate your anaerobic threshold heart rate, use the midpoint of your threshold zone. For example, if your threshold zone of 80 to 90 percent of MHR is 140 to 160 bpm, use 150 bpm for your estimated anaerobic threshold heart rate.)

It is important to consider the work:time ratio when doing high-intensity, long anaerobic intervals. Overall, this workout consists of a 2:1 (work:time) ratio. That means that as intensity increases, exercise time decreases.

This is a high-intensity workout that will help you get fitter faster. Like all zone 4 and 5 training, it requires a day of rest for interrecovery, unless you train the following day with a different activity. Noting your resting heart rate the next day will help you monitor and manage your level of physiological stress.



<b>Workout segment</b>	<b>Time in zone (min)</b>	<b>Zone</b>	<b>HZT points</b>
Warm-up to 75% MHR	6	3	18
Increase heart rate to 85% MHR + 2 bpm.	4	4	16
Decrease heart rate to bottom of zone 2.	2	2	4
Increase heart rate to 85% MHR + 4 bpm.	6	4	24
Decrease heart rate to bottom of zone 2.	3	2	6
Increase heart rate to 85% MHR + 6 bpm.	4	4	16
Decrease heart rate to bottom of zone 2.	3	2	6
Increase heart rate to 85% MHR + 8 bpm.	2	5	10
Decrease heart rate to bottom of zone 2.	2	2	4
Cool-down	5	1	5
<b>Totals</b>	40	All zones	109