

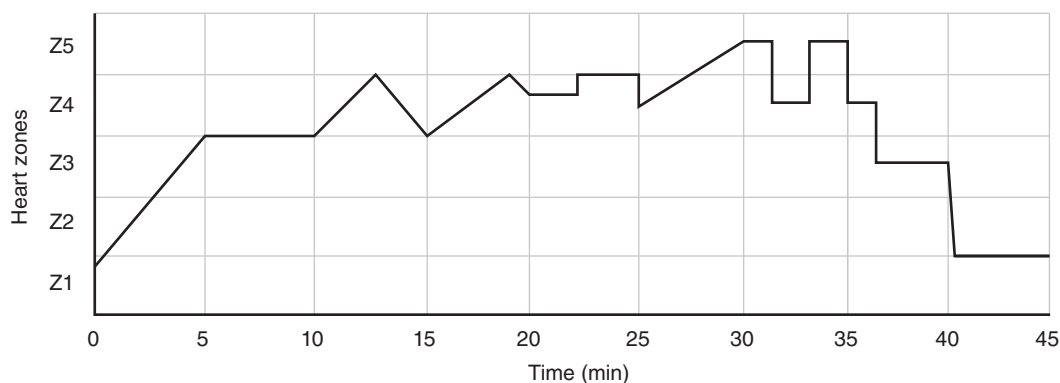
COOL CYCLE WORKOUT



During this workout, concentrate on staying as relaxed as possible while you move through the tougher intervals. Focusing mentally during training will improve your performance. Throughout the high intensity, focus on good climbing posture and strengthening your quadriceps and hamstring muscles. Stay cool by practicing relaxation techniques during the rest portions. Here are some suggestions to improve your cycling efficiency and technique:

- ▶ Hold your upper body directly over the pedal as you change hand positions.
- ▶ Slide back in the saddle for seated climbs to develop more power.
- ▶ When standing, transfer your weight over the pedals from side to side, keeping your weight off the handlebars and using the power of your legs.
- ▶ Check your body position in a mirror to make sure your weight is not too far forward over the front wheel. Good balance will help keep your body relaxed.
- ▶ To make the workout more intense, raise your front wheel off the ground 3 to 5 inches (7.2 to 12.7 cm) and secure it to simulate a climbing position.

You can also use a treadmill or a stair, step, elliptical, or other machine for this workout.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	3	15
Increase heart rate to ceiling of zone 3.	5	3	15
Increase heart rate to ceiling of zone 4 and immediately return to floor of zone 4.	5	4	20
Increase heart rate to ceiling of zone 4 and drop to midpoint of zone 4.	7	4	28
Increase heart rate to ceiling of zone 4.	2	4	8
Decrease heart rate to midpoint of zone 4 and immediately climb to midpoint of zone 5.	5	4	20
Maintain heart rate at midpoint of zone 5.	2	5	10
Decrease heart rate to midpoint of zone 4.	2	4	8
Increase heart rate to midpoint of zone 5.	2	5	10
Decrease heart rate to midpoint of zone 4.	1	4	4
Decrease heart rate to midpoint of zone 3.	4	3	12
Decrease heart rate to floor of zone 2; cool down.	5	2	10
Totals	45	Four zones	160