

Name: _____ Date: _____ Ambient heart rate: _____

This workout is a standard indoor or outdoor cycling workout that can be done alone or in a group. As you learned in module 7, workouts can be described in two ways: in an outline, or description (i.e., a minute-by-minute description of the exercise), and in a profile (i.e., a graph or other visual representation). This workout includes an outline and a profile.

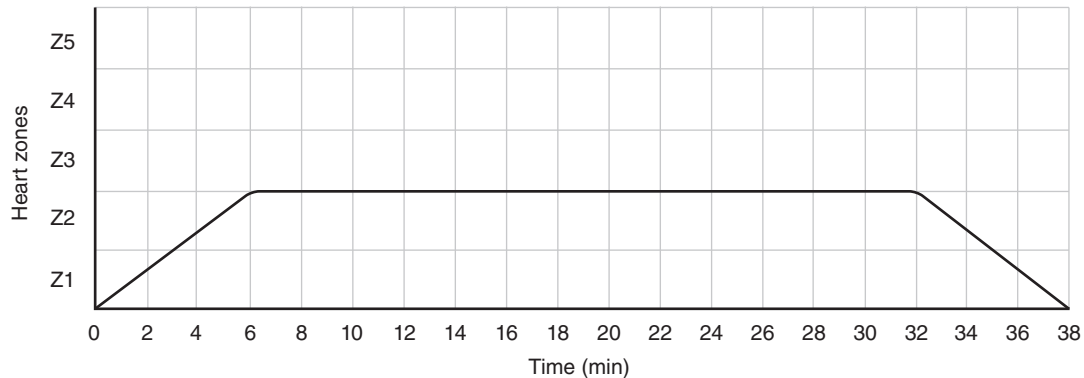
Heart rate monitors are like tachometers in cars, which provide quantifiable feedback on how hard the engine is working. In this workout, you use your heart monitor as a tachometer to tell you what's happening during your ride. In an ideal workout, the profile matches the heart rate monitor results. As you gain experience using heart rate monitors, this will happen more regularly. If your heart rate monitor results and the workout profile do not match, then your workout was not completed according to the workout plan.

Instructions

1. Put on your heart rate monitor and program it in keeping with the features that it has.
2. The workout is as follows:
 - ▶ Ride according to how you feel, maintaining a constant cadence and resistance in your comfort heart zone (i.e., a heart rate you can maintain while talking).
 - ▶ Ride for 30 to 35 minutes, maintaining a constant resistance and cadence.
 - ▶ While riding, try to guess your heart rate according to how you feel and then compare that guess with the readout on your monitor. (Cover the face of your monitor to ensure compliance.) Do this comparison as often as you like, but at least every five minutes.
3. Review the following table, Steady Eddy Cycle Workout, and the workout profile figure.
4. Calculate your heart rate and record it in the following chart.
5. Start your ride!

STEADY EDDY CYCLE WORKOUT

Step/action stage	Time in zone (min)	Zone	HZT points
Warm-up	3	1	3
Main set	30-35	2 and 3	60-105
Cool-down	3	1	3
Totals	36-41	Two zones	66-111



STRUCTURE OF STEADY EDDY CYCLE WORKOUT

Elapsed time (min)	Activity	Time in zone (min)	Zone	Your heart rate (bpm)
0-3	Warm up with an easy pedal.	3	1	
3-5	Increase heart rate to bottom of zone 2 (60% MHR).	2	2	
5-7	Increase heart rate to midpoint of zone 2 (65% MHR).	2	2	
7-32	Increase heart rate to bottom of zone 3 (70% MHR) or desired heart rate comfort zone.	25	3	
32-35	Recover to the bottom of zone 2 (60% MHR).	3	2	
35-38	Cool down to zone 1.	3	1	

Question

What was your average heart rate reading? How closely did your guesses match?