

# GERRY HODNE'S Cycling Workouts

Club Greenwood Cycle Instructor

## 5-MINUTE POWER PUSHES

Enjoy the ride, miss you all! Refer to the Train With Power chart for power zones.

### WARM UP

Gradually increase cadence and resistance for 2-3 Minutes,

#### Zone 1-4

3 Sets of:

1 minute on, **Zone 5-6**

1 minute off, **Zone 1-2**

2 Minutes Moderate Ride,

#### Zone 3

### POWER PUSH ONE

5 Sets of:

50 Seconds, **Zone 4**

10 Seconds, **Zone 5**

Once complete:

2 :30 Moderate Ride, **Zone 2-3**

### POWER PUSH TWO

5 Sets of:

15 Seconds, **Zone 6**

20 Seconds, **Zone 3**

15 Seconds, **Zone 6**

10 Seconds, **Zone 1**

Once complete:

2 :30 Moderate Ride, **Zone 2-3**

### POWER PUSH THREE

5 Sets of:

30 Seconds, **Zone 4**

20 Seconds, **Zone 5**

10 Seconds, **Zone 6**

Once complete:

2 :30 Moderate Ride, **Zone 2-3**

### POWER PUSH FOUR

5 Sets of:

40 Seconds, **Zone 3**

20 Seconds, **Zone 5**

Once complete:

2 :30 Moderate Ride, **Zone 2-3**

## TRAIN WITH POWER

ZONE COLOR	RPE	ZONE DESCRIPTION	RECOMMENDED TIME IN ZONE
	10	<b>NEUROMUSCULAR POWER</b> Max effort. Struggling for breath. Everything I have.	UP TO 30 SECONDS
	9	<b>ANAEROBIC CAPACITY</b> Very uncomfortable and intense. Breathless. Can barely speak.	UP TO 3 MINUTES
	8	<b>VO2 MAX</b> Quite uncomfortable and intense. Getting breathless.	UP TO 5 MINUTES
	7	<b>THRESHOLD</b> Could talk but don't want to.	UP TO 60 MINUTES
	6	<b>TEMPO</b> Top endurance. Can speak in short sentences.	UP TO 2 HOURS
	4-5	<b>ENDURANCE</b> Comfortable work and can hold a conversation.	SEVERAL HOURS
	2-3	<b>ACTIVE RECOVERY</b>	ALL DAY

### POWER PUSH FIVE

5 Sets of:

10 Seconds, **Zone 5**

50 Seconds, **Zone 4**

### COOL DOWN

5-10 Minutes Ride, **Zone 2-3**

Gradually power down to **Zone 1**

Stretch and roll out those legs