

GERRY HODNE'S Cycling Workouts

Club Greenwood Cycle Instructor

BASIC INTERVAL TRAINING RIDE

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

10 Minute Warm Up, Gear up **Zone 1-4**
(some 20 second pushes within the warm up)
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
4 Minute Recovery Riding, **Zone 1-2**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
30 Second Max Effort, **Zone 7**
60 Second Recovery, **Zone 1**
5 Minute Cool Down, **Zone 1-2**

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