



## Beginner/Intermediate Group

### GET STRONG: INTERVAL TRAINING ON YOUR BIKE

Interval Training- what is it and how do I do it?

Interval Training involves repeated periods of intense physical activity, an exercise interval with periods of recovery-relaxation interval.

You can go faster with the same level of exertion using intervals—HOW?

Let's say you can average 14 mph for an hour's ride. Now what if every five minutes you averaged 15 mph for just one minute and then backed down to your usual 14 mph. Your average would go up to approximately 14.25 mph.

#### PERCEIVED RATE OF EXERTION

*Low:* It's a pretty comfortable pace.

Breathing and talking are easy.

*Medium:* Pedalling is harder, but conversation and breathing is more strained.

*Difficult:* Breathing is heavier and speaking is possible only in short sentences.

*Maximum:* Talking is difficult and breathing is more like gasping for air. It is difficult to maintain pace for a long time.

#### HEART RATE MONITOR

A heart rate monitor automatically measures heart rate (HR) and shows the results on a monitor, and can be used to measure exertion.

#### Maximum Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$   
For example: = 172 beats per minute (bpm) is the Maximum Heart Rate for a 48-year-old.

*Heart Rate Intensity Zones:* Examples for a person 48 years old are

| Zone | HR Intensity Zone                           |
|------|---|
| 1    | 65% of maximum rate: 111 bpm                |
| 2    | 65-72% of maximum heart rate: 123 bpm       |
| 3    | 73-80% of maximum heart rate: 138 bpm       |
| 4    | 84-90 % of MHR (lactate threshold): 154 bpm |
| 5    | 91-100% of MHR (anaerobic training)         |

During an exercise interval, your HR intensity level should be in the 4-5 zone, where you are working hard, breathing hard, and can hardly speak.

In between exercise intervals will be a relaxation interval where breathing is easy. When your heart rate zone is down to a 1 or 2, it's time for another exercise interval.

#### INTERVAL OPTIONS

1. Use rolling hills as intervals, such as the interstate frontage road on the Westside. Cyclists call them rollers.
2. Chose an object like a mail box or telephone pole and ride as fast as you can to get to it (30 seconds). Recover two to three minutes and pick another object. Repeat 3 to 5 times.
3. Climb 3 ways: pick a hill and ride it at a fairly easy pace, descend. Try it at a harder pace, descend. Try it again faster.

4. Slight accelerations: every so often pick up the pace for a few moments and then back down to your regular pace.
5. Successive intervals: 30 sec high exertion (HE), 1 minute rest (R), 2 minute (HE), 2 minute (R), 1 minute (HE), 30 sec (R).

#### IMPORTANT POINTERS

1. Always warm up before you start intervals (at least 5 minutes).
2. Always cool down with an easy spin after intervals.
3. Never do interval training more than twice a week.
4. The longer your exercise interval the longer your relaxation interval.
5. The harder your exercise interval the longer your relaxation interval.

There are some references to really good articles:

[www.improvecycling.com](http://www.improvecycling.com)

[www.bicycling.com](http://www.bicycling.com)

[www.cptips.com](http://www.cptips.com)