



17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.holmesfitness.com

Fartlek Ride

Goal: This workout will improve your *aerobic endurance* and your *muscular endurance* (especially if you ride a hilly course).

Total Workout Time: 60 to 120 minutes

Warm-up: 15 minutes

Terrain: Rolling Hills

Gearing: Varies

Training Zone: 2-3 (60-80% of MHR or 75-94% of Lactate Threshold)

RPM: Varies

Cool Down: 10 minutes in Zone 1 (50-60% of MHR)

Description: After your warm-up, find a steady pace at a comfortable cadence. You should be in Zone 2 at this point. The essence of Fartlek is *random acceleration* with easy spinning recovery. There is no set distance for the hard efforts. Just accelerate every once in awhile at a high intensity and then recover. You can make it fun by designating the conditions for your hard efforts. For example, sprint for stop signs (but slow down in time to stop), accelerate every time you see a white car, or attack up every other hill (or every hill if the course is relatively flat). You should be well into Zone 3 during your hard efforts and recover back to Zone 2 when spinning easy.



Dr. Tyrone A. Holmes, Ed.D., CPT
Speaker - Author - Consultant
Certified Personal Trainer
USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net

