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Hill Climb

Goal: This workout will improve your *aerobic endurance*, *muscle endurance* and your ability to cycle uphill.

Total Workout Time: 60 to 120 minutes

Warm-up: 15 minutes

Terrain: The hilliest route you can find!

Gearing: Use a gear that allows you to train at 70-75% of your maximum heart rate at a cadence of 85 to 95 rpm (you will need to shift gears as you go up and down hills).

Training Zone: 3 (70-80% of MHR or 85-94% of Lactate Threshold)

RPM: 85 to 95

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

Description: After your warm-up, find a steady cadence of 85 to 95 rpm and maintain throughout. Stay in the saddle as you ride uphill and focus on spinning smoothly. Shift gears as needed to ensure your cadence does not go below 85 rpm when riding uphill. Continue spinning on the downhill portion of the hills to help remove lactic acid from your legs. As you become stronger, increase ride distance until you can comfortably complete a 2-hour Hill ride.



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