



Recovery Ride (Perceived Exertion 2-3/10) - Designed to increase blood flow to the muscle tissue and help expedite the recovery process. These rides are to be no more than 60 minutes in length as increased ride time only adds to fatigue levels. Recovery rides should feel so easy that you feel guilty you are not working harder.

Endurance Ride (Perceived Exertion 4-6/10) - Designed to build aerobic capacity and mitochondrial density. These rides can range from 1 - 8 hours in length and because of this time frame you will notice a very large variation in time you will notice a large range for training ranges. Endurance rides you should be able to hold a conversation and not feel winded.

Tempo (Perceived Exertion 7/10) - Designed to build aerobic endurance tempo intervals can be as short as 10 minutes or as long as 3 hours dependent upon goals and rider fitness. During Tempo intervals you should be able to speak in complete sentences before having to take a breath.

Threshold Intervals (Perceived Exertion 8/10) - Designed to build sustainable power at threshold the upper end of this range will be right at your lactate threshold. Intervals will range between 8 & 30 minutes and most athletes will be able to complete a total of 30-60 minutes at this intensity level. During these intervals you should be able to say several words but a complete sentence will become difficult before you have to take a breath.

Climbing Intervals (Perceived Exertion 9/10) - Designed to focus on a rider's climbing threshold, climbing intervals are greater than lactate threshold. Intervals typically range between 8 & 15 minutes in length and several words should be able to be spoken during these but breathing will be labored.

Vo2 Intervals (Perceived Exertion 10/10) - Designed to train the body's peak energy system as well as train the mind to be able to push when the going gets tough. There are two types of this interval that we use. Peak and fade or plateau and each has a slightly different purpose dependent upon the time period. During these intervals speaking is not possible.

Other terms:

RBI (Rest Between Intervals) - The time between intervals that you should be recovering. Intensity is low and can be coasting or a light pedal. Do not push this time period so it is guaranteed that your intervals are of the highest quality.

Field Test - Two 10 minute efforts are completed with 10 minutes of active rest in between will give a baseline fitness level and then can be repeated in the future to track progress. It is important that these are maximal efforts. Ranges can be heart rate based or power based. With this test it is important to record distance, time, cadence, average heart rate(if applicable), maximum heart rate(if applicable) and average power(if applicable). Once you are finished you



can e-mail (birwin@scienceofspeed.org) your results in and if you are using a training device training ranges will be provided.