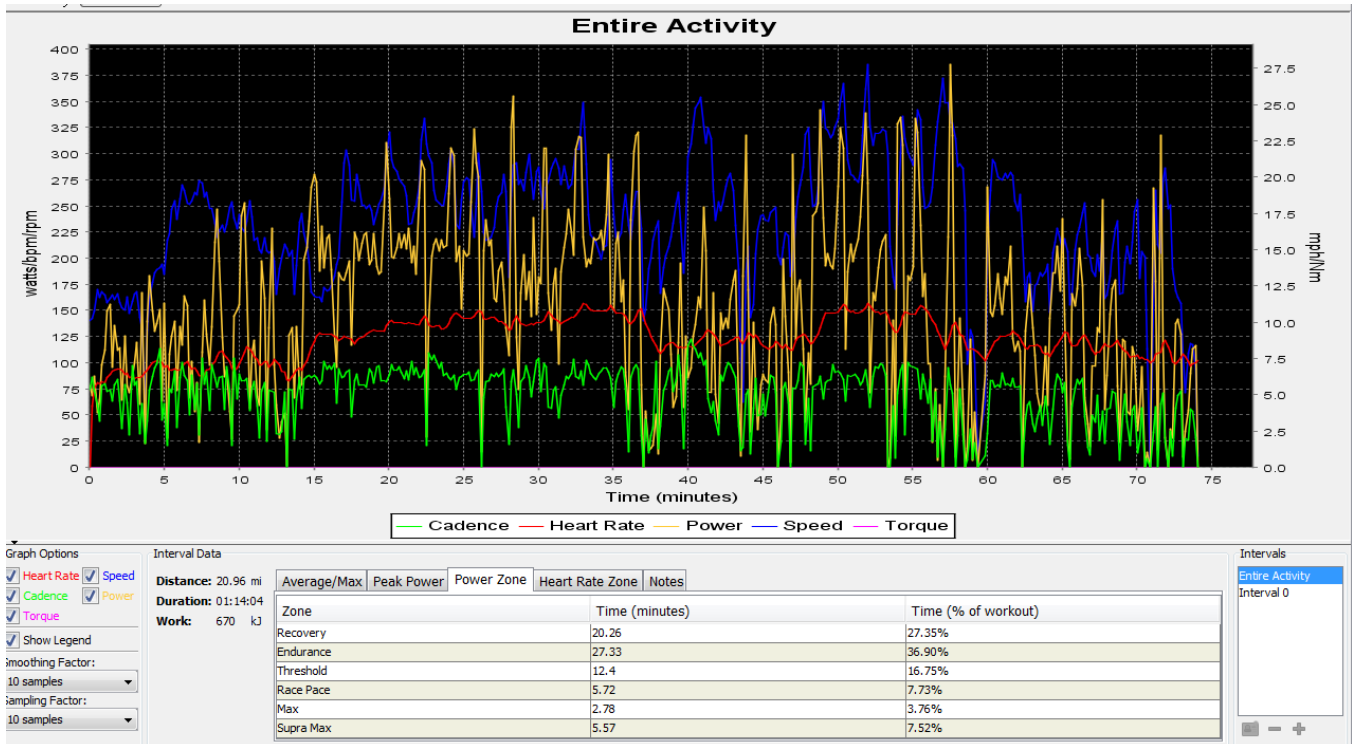


Criss Cross Zones 2-3 & Zones 4-5

Since aerobic energy is the main energy source in any endurance activity, training within Zone 2-3 develops aerobic endurance and conditioning. The strength of this system will determine how efficiently you can move and utilize oxygen through the body, improving your ability to metabolize fats.

Training in Zone 4-5 will develop power and speed, build fast twitch muscle fibers, increase VO₂, develop your lactic acid system, and increase anaerobic capacity.

This outdoor ride will focus on the above. Warm-up and then ride 20 minutes in Zone 2-3. Criss-cross to Zone 4-5 every 1-2 minutes during that entire 20 minutes, holding the Zone 4-5 effort for about 20sec. After the 20 minutes, ride easy for 10 minute and repeat as time permits.



Provided by Angie Sturtevant
 Saris Cycling Group Fitness Education Director &
 Owner of Specialists in Sports Performance
www.specialistsinsportperformance.com