

Soar - Up +20 down -10

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Description: This ride takes you towards your highest power zones without essential recovery to go even higher. In the early part of the ride, you are free from fatigue. But, the last half of this indoor or outdoor power ride, there's just not enough recovery before you jump up another +20 watts. Fortunately, the ride stops in time so you never reach exhaustion—I hope. Just as relief is feeling comfortable, it is time to soar another +20 watts and toward the upper stratosphere again and again. Just hang in there toward the end of each interval; recovery is on the way.

Ride Format: Start your timer or console. Warm-up for 5 minutes with an easy cadence and an easy effort. Note your average watt output the last 1 minute of warm-up time. This is your *starting watt number* – remember it. Begin the main set of the ride by increasing your average power by +20 watts. Hold this number for 5 minutes. There's a gentle reprieve: decrease power by –10 watts for 5 minutes. This is your recovery time. Next, increase watts by +20 for 5 minutes followed by a second gentle reprieve, decreasing watts by –10. Soar up into the stratosphere repeating this sequence of soar for +20 and recover for –10 watts. Cool down to your starting watt number, and if you have the time, begin the sequence again. For some, your starting watt number is 100 watts while for others it might be 150 or 200 watts. Just follow the sequence of soar for +20 and recover for –10 until you can't sustain 5 minutes of soaring. Recover. Repeat. Modify the ride for the amount of ride time that you have available.

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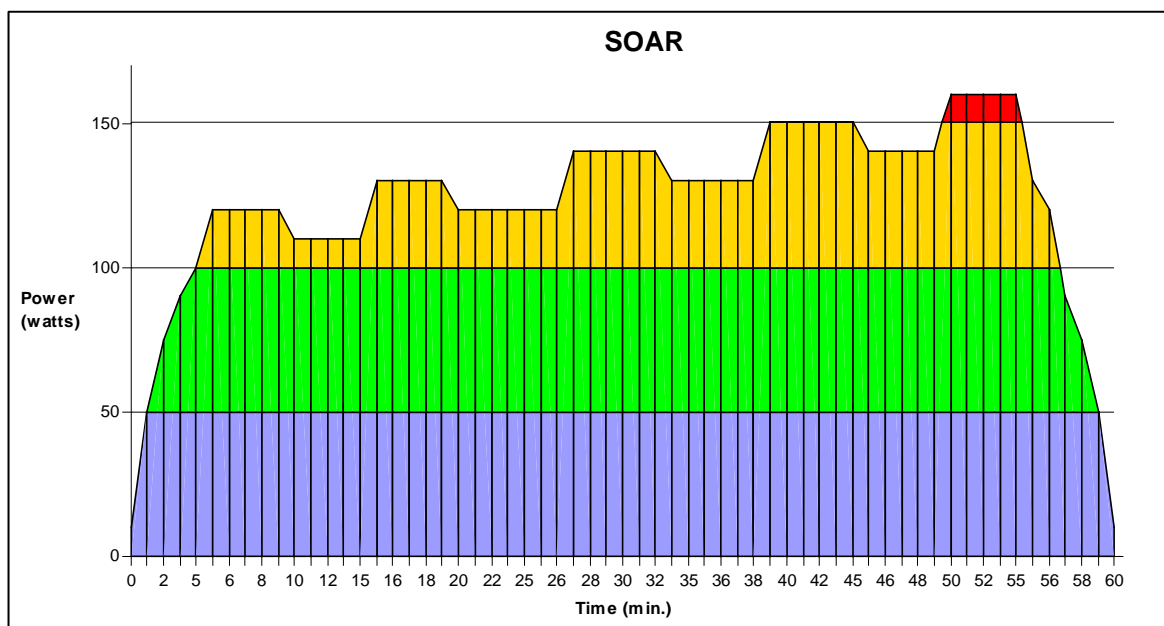


Event	Description	Duration (min)	Elapsed Time (min)
Warm-Up	Easy pedaling at 80-90 RPM+	5	5
Repeat this sequence until it is uncomfortable or not sustainable or you have finished your ride time.	Increase watts by +20 and hold	5	20-50
	Decrease watts by –10 and hold	5	
	Increase watts by +20 and hold	5	
	Decrease watts by –10 and hold	5	
	Increase watts by +20 and hold	5	
	Decrease watts by –10 and hold	5	
Cool Down	Easy pedaling at 60-70 rpm	3-5	5
		Total Elapsed Time:	30-60minutes**

*Modification: If you are in excellent shape decrease the amount of recovery to 3 minutes and alternate each interval set between increasing cadence, then resistance, then standing position.

** You can make this into sets that you can repeat once you establish what your peak power for this ride is. When you reach that peak sustainable 5 minute power, then give yourself a +5 minute rest and begin to climb this ladder again by increasing +20 watts from your starting watt number. SE 1012007

Ride Profile: The graph that follows gives you an at-a-glance view of what Soar looks like. The rider profile is an immediate way for you to know that this is a ladder ride with smaller steps down and bigger steps up to the top.



Challenge: Writing power rides is an excellent way for you to better understand riding with a power meter. Submit your favorite power rides in this format, and I will offer them to other riders giving you complete credit (please provide full contact information). I challenge you to help others and increase the number of rides in the Sally Edwards Library of Power Rides. You'll receive a personal thank you note from me with a response to my experience riding your Power Ride.

Let me know by contacting me at Sally.Edwards@heartzones.com.

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