

# Cycle Warm up routine (30 minutes)

Perfect for Time Trial or Longer Road Races

Effort duration	Description	Heart rate (% of max)
5 minutes	Recovery. Zone 1. Gentle spin, keeping heart rate in zone 1 (Active Recovery)	Recovery 50 – 60 %
5 minutes	Endurance. (Zone 2) Spin legs faster to gradually raise the heart rate to upper level of zone 2	Endurance 60 – 70 %
5 minutes	Recovery. (Zone 1) Gentle spin. Allow heart rate to drop back to zone 1	Recovery 50 – 60 %
3 minutes	Aerobic. (Zone 3) Increase the effort to raise the heart rate to upper limit of zone 3	Aerobic 70 – 80 %
5 minutes	Recovery. (Zone 1) Gentle spin. Allow heart rate to drop back to zone 1	Recovery 50 – 60 %
2 minutes	Threshold (Zone 4) Harder effort for the full two minutes. Heart rate should rise to upper level of zone 4	Threshold 80 – 90 %
5 minutes	Recovery. (Zone 1) Gentle spin. Allow heart rate to drop back to zone 1	Recovery 50 – 60 %

## Sample heart rate zones:

Zone	Target Zone	Sample BPM*	Description
5	Anaerobic 90 – 100 %	180 – 200	Short bursts of high intensity help develop maximum performance and speed.
4	Threshold 80 – 90 %	160 – 180	Fairly short bursts in threshold develop high speed endurance and maximise performance capacity. It burns carbohydrates and not fat.
3	Aerobic 70 – 80 %	140 – 160	Helps improve aerobic fitness (the body's utilisation of oxygen) and delays the fatigue caused by lactic acid. This expands your blood vessels, enhances lung capacity and makes your heart stronger.
2	Endurance 60 – 70 %	120 – 140	Enhances your endurance and your efficiency of using fat and carbohydrates as fuel. This strengthens your body to tolerate higher intensity training.
1	Recovery 50 – 60 %	100 – 120	Encourages the flow of blood which maintains a healthy heart and improves recovery after hard workouts. Recommended for warm up and cool down.

\*based on a max HR of 200 bpm



# Shorter Warm up routine (20 minutes)

Suitable for junior criterium races

Effort duration	Description	Heart rate (% of max)
5 – 10 mins	Recovery. Zone 1. Gentle spin, vary cadence but not gear. Keep heart rate in zone 1	Recovery 50 – 60 %
15 seconds	Acceleration to higher cadence. Spin legs faster. Don't worry about HR zone.	
45 seconds	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %
15 seconds	Acceleration to higher cadence. Spin legs faster. Move up by one or two gears.	
45 seconds	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %
30 seconds	Aerobic. Zone 3. Accelerate and spin legs faster. Move up by three or four gears.	Aerobic 70 – 80 %
1 minute	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %
30 seconds	Aerobic. Zone 3. Accelerate and spin legs faster. Move up by three or four gears.	Aerobic 70 – 80 %
1 minute	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %
15 seconds	Threshold. Zone 4. Accelerate and spin legs faster. Move up by five or more gears.	Threshold 80 – 90 %
2 minutes	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %
10 seconds	Maximum power. Don't worry about HR. Imagine the sprint finish!	
4 minutes	Recovery. Zone 1. Keep legs moving with a slight effort. HR should return to zone 1	Recovery 50 – 60 %

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2	Endurance 60 – 70 %	120 – 140	Enhances your endurance and your efficiency of using fat and carbohydrates as fuel. This strengthens your body to tolerate higher intensity training.
1	Recovery 50 – 60 %	100 – 120	Encourages the flow of blood which maintains a healthy heart and improves recovery after hard workouts. Recommended for warm up and cool down.

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