

Field Test for Iron Horse Training

Purpose: To determine training zones

Threshold Power: a sub maximal effort (85% max HR)

- a starting point for getting fitter
- a reference for going faster
- a measuring tool for going farther

Supplies for students

- indoor cycle with cadence and heart rate
- heart rate monitor
- water bottle
- towel
- well ventilated room

Process: Test takes 1 hour to perform

- Goal is maintain a sustained cadence of about 80-100 rpm or lower depending on cyclists fitness level
- two 8 minute efforts with 10 minute recovery in between.
cyclist rides at a RPE of **very hard** or **7 / 8**
- Record average heart rate and perceived exertion

Test:

- Warm-up for 10 minutes at an RPE of 1 -3 (easy) (HR around 100-120)
- Clear the console by stopping time and hold clear button down for 3 seconds
- start first stage with sustained cadence, resistance and RPE at 6
- use first minute to find steady cadence, resistance and RPE of 7
- Hold stage for the full 8 minutes and cyclist reaches a level of exertion of **very hard or RPE 8-10**
- after 8 minutes ease cadence and resistance and get average HR, cadence and RPE , record these numbers
- recover at easy pace for 10 minutes
- Repeat process making sure to clear out the console before beginning next 8 minute stage

Signs of RPE 7 / 8 or very hard:

- sweating
- breathing labored / hear exhale
- fatigue in legs
- difficult to carry on a conversation

Name _____ Date _____

1st - 8 minute effort

PRE _____ (1-10)
(Perceived rate of exertion-number given by the participant)

Average HR _____

Max HR _____

Average Cadence _____

Max cadence _____

Notes: _____

2nd - 8 minute effort

RPE _____ (1-10)

Average HR _____

Max HR _____

Average Cadence _____

Max cadence _____

Target Zone _____ Heart Rate Zones

Green Zone _____
Easy / conversational pace

Yellow Zone _____
Moderate/ light conversation

Pink Zone _____
Hard / 3-4 words between breath

Orange Zone _____
Difficult/ 1-2 words between breaths

Red Zone _____
Extremely difficult/ can't talk