



Coach Jenny Hadfield's
Four Challenging Indoor ElliptiGO Workouts

If you have questions or feedback about any of these workout programs, please email Coach Jenny at: training@elliptigo.com. She'd love to hear from you!

Just because you're riding the ElliptiGO indoors on the trainer, doesn't mean it can't be as effective as riding outdoors. Indoor riding is the perfect opportunity to focus on stride rate, hill climbing, speed and mechanics. Plus, there is no coasting inside! Here are four challenging indoor ElliptiGO workouts to keep your motivated until you can ride outside again.

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1] Hilly Intervals: [40 minutes]

A super challenging ride that is short, but effective for building climbing strength for hills.

-->Start out riding in a comfortable, low gear (4-5) for 10 minutes to warm up.
-->5 minutes -->Increase the resistance (gearing) so it feels like you are climbing a moderate hill.
-->5 minutes --> Decrease the resistance (lower gear) while keeping your cadence moderately fast (65-70) and spin out the legs to recover.
-->5 minutes -->Increase the resistance one higher so it feels like you're climbing a steeper hill (one gear up).
-->5 minutes --> Decrease the resistance (lower gear) while keeping your cadence moderately fast (65-70) and spin out the legs to recover.
-->5 minutes -->Increase the resistance one higher so it feels like you're climbing a steeper hill (one more gear up).
-->5 minutes --> Decrease the resistance (lower gear) and cool down with easy paced riding.

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2] Cadence Tempo Workout: [50-60 minutes]

This workout improves stride rate to the beat of the music. This is a fun workout geared to those who want to learn to ride with a faster stride rate to improve riding economy. You don't need a cadence monitor, however you will need an iPod or MP3 player.

-->Start by counting the number of strides (a stride is one foot as it makes a full revolution) on one foot for one minute.
-->For example, if you ride and count 60 strides on one foot for a minute, your rate for both feet is 120 strides per minute.
-->Download a free music mix on Podrunner.com that is 5 beats faster than your current stride rate. If your rate is 120, download a mix that is 125 beats per minute. Each mix is around 60 minutes.
-->Warm up without the music for 10 minutes.
-->Ride to the beat of the music (at 125 cadence) for 30-40 minutes (20 min. for newbies) and cool down with easy riding for 5 minutes. -->Repeat this workout at least times before increasing to the next stride rate (140) until your reach a stride rate between 140-160 (70-80).
-->Cool down riding easy for 10 minutes.
-->Note: some prefer to ride around 140(70), while others feel more comfortable riding at 150-160 (75-80). Find the rate that works for you.



3] Speed Intervals: [44-52 minutes]

This workout is geared to teaching pacing skills and breaking up the doldrums of training indoors. Time flies when you're mixing things up!

- >Warm up riding easy for 10 minutes.
- >Ride 1 minute at a hard, fast effort (higher gear 6-7) while maintaining a cadence of at least 140-150(70-75).
- >Ride 3 minutes in an easy gear at a 70 cadence.
- >Repeat this 6-8 times
- >Cool down riding easy for 10 minutes

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4] Skills Workout: [30-40 minutes]

This workout is a great way to practice and hone riding skills and balance. It will make the transition to riding with one hand for signaling and hydration a lot more efficient and familiar. If possible, find a full length mirror and ride in front of it for reference.

- >Warm up riding easy for 10 minutes
- >Focus on riding tall, neutral form (head to toe straight line), and pushing through your heels as you ride.
- >Get in a gear with enough resistance to ride comfortably (4-6).
- >Ride with your right hand off the handle bars for one minute.
- >Ride with both hands on the bars for one minute.
- >Ride with your left hand off the handle bars for one minute.
- >Repeat this 6-8 times focusing on keeping tall, neutral form and gaining balance in your stride.
- >Cool down riding easy for 5 minutes.
- >Progression: Once this becomes easy, ride 30-60 second intervals without your hands or light hands (you won't be able to do this outside, however it is great for balance.)