

INDOOR WORKOUT SERIES

THE (HILLY) LONG RIDE

Learn how to maximize your long-ride with the hilly long ride, you'll build strength and stamina and learn to control a steady heart rate in undulating terrain. This method can also be applied to your running when covering a hilly course.



Length of Workout: Variable



Benefits: Builds strength, aerobic endurance and boosts fat-burning metabolism



Tip: Focus on maintaining a constant heart rate throughout the workout. To do this, your cadence should decrease as your gearing increases, and vice versa. This will ensure that your heart rate does not spike and you are able to endure the distance.

THE (HILLY) LONG RIDE

	Novice	Intermediate	Advanced	Elite
Warm-up	5 min	10 min	15 min	20 min
Increase Gear 1-2 steps	5 min	10 min	10 min	10 min
Increase Gear 1-2 steps	5 min	5 min	10 min	10 min
Increase Gear 1-2 steps	5 min	5 min	5 min	10 min
Decrease Gear 1-2 steps	5 min	10 min	10 min	10 min
Increase Gear 1-2 steps	5 min	10 min	10 min	10 min
Decrease Gear 1-2 steps	5 min	10 min	10 min	10 min
Increase Gear 1-2 steps	5 min	10 min	10 min	10 min
Decrease Gear 1-2 steps	5 min	5 min	5 min	10 min
Cool-Down	5 min	10 min	15 min	20 min
Total Workout Time	50 min	85 min	100 min	120 min

Get more great tips for indoor training at elliptigo.com/elliptical-bike-indoor-training/

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