

INDOOR WORKOUT SERIES

LONG RIDE WITH STEADY STATE

Learn how to maximize your ride with the steady long ride. You'll build aerobic strength while learning to pace yourself and distribute your effort evenly across a workout. This is a session that will help you learn to walk the fine line between going hard and going too hard, too soon.



Length of Workout: Variable based on your needs



Benefits: Improves threshold, builds aerobic strength and boosts fat-burning metabolism



Tip: The pace should feel “comfortably hard” - at least in the first 2/3. You will have to focus a little late in the ride to stay on pace, but find the rhythm and stay on it.

LONG RIDE WITH STEADY STATE

	Novice	Intermediate	Advanced	Elite
Warm-up	20 min	20 min	25 min	30 min
Increase Gear/Cadence*	20 min	40 min	50 min	60 min
Cool-Down	20 min	20 min	25 min	30 min
Total Workout Time	60 min	80 min	100 min	120 min

*To begin the steady state, increase gear and/or cadence so tht your heart rate responds with a slight boost. If you feel yourself going a little too hard too early, lower the gear and keep your cadence up. If it is still too hard, decrease your cadence slightly. The pace should feel “comfortably hard” for the first two-thirds of the workout.

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