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**Testing for HR Training Zones**

To discover your training zones you need to complete a field test. The field test can be done indoors or outdoors but is preferable to do it indoors. The field test will be done every 3-4 weeks in the off-season and potentially once a month in the racing season. The racing season tests would is best done as part of a TT race series.

**WARNING:** Seek medical clearance before beginning any training or testing!!!!!

**Below is the protocol:**

**Warm up for 15-20 minutes.** Make sure you get your heart rate into Zones 3-4 before completing the warm up. If you do not know your zones yet you may use the age method first. 220-Your Age x .60

**On a trainer perform the first of two 3mile time trials.** This is a TT so treat as such, big gears, high cadence and in the drops. Feel free to change gears. You may find the longer you ride into the 3 miles your legs may open up so increase the resistance (shift to a harder gear)

**Collect the following data on completion of the first TT:** Max and Avg. HR

**Cool Down:** Ride in easy gearing for 5-10 minutes and get your HR back down. I like to get mine down to approx. 110 BPM. Get off the bike and stretch calves, quads, and lower back.

**On a trainer perform the second of two 3mile time trials.** This is a TT so treat as such, big gears, high cadence and in the drops. Feel free to change gears. You may find the longer you ride into the 3 miles your legs may open up so increase the resistance on (shift to a harder gear)

**Collect the following data on completion of the TT:** Max and Avg. HR

**Cool Down:** Ride in easy gearing for 5-10 minutes and get your HR back down. I like to get mine down to approx. 110 BPM. Get off the bike and stretch calves, quads, and lower back.

**Training Zones:**  [Use the zone calculator here to find your training zones](http://positiveperformancecoaching.com/hr-zone-calculator/)

**And last but not least recover.** The filed test is deceptively hard. Take the rest of the day off the bike, no weight lifting and not x-training. Go for walk, laze around, take a nap and stretch some more.