



INTERMEDIATE 50KM CYCLING PROGRAMME

If you've done some cycling and now want to not only complete a distance of 50km, but do so in a good time, this programme is for you.

DEFINITIONS AND GUIDELINES

-  **Cadence (revolutions per minute, rpm):** The number of revolutions each leg performs in one minute.
-  **Intramuscular triglyceride (IMTG) ride:** The IMTG session teaches the body to use fat as an energy source. Have this exercise session at the start of the day while fasting (you should not have eaten since dinner the night before). By cycling while fasting, the body cannot use carbohydrates. If you exercise at a low intensity, your body switches to using a very high percentage of fat for fuel. The benefits of this session are increased fat burning, a leaner body and increased carbohydrates being available, which allow you to ride for longer and improved performance. This session is performed at an easy intensity in zone 2, lasting up to 1 hour and 30 minutes.

CHAT TO HEALTHY COMPANY FOR FREE ADVICE

Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800 320 420

TARGET HEART RATES

Work out the recommended maximum heart rate (HRmax) for your age:

$$\text{HRmax} = 220 - \text{your age}$$

90% HRmax (220 - age) x 90%

Training effect:
Approaching HRmax
Heart rate zone: 5
Perception of effort: Very hard

80% HRmax (220 - age) x 80%

Training effect: Increasing athletic performance
Heart rate zone: 4
Perception of effort: Hard

70% HRmax (220 - age) x 70%

Training effect: Improving aerobic fitness
Heart rate zone: 3
Perception of effort: Somewhat hard

60% HRmax (220 - age) x 60%

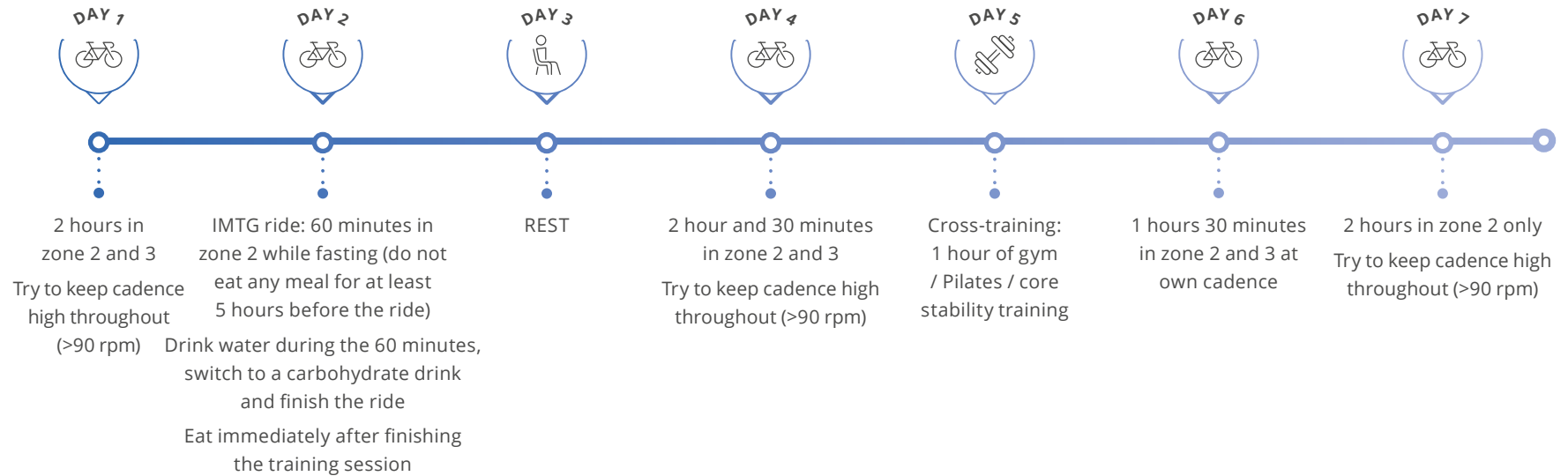
Training effect: Losing weight and improving health
Heart rate zone: 2
Perception of effort: Moderate

50% HRmax (220 - age) x 50%

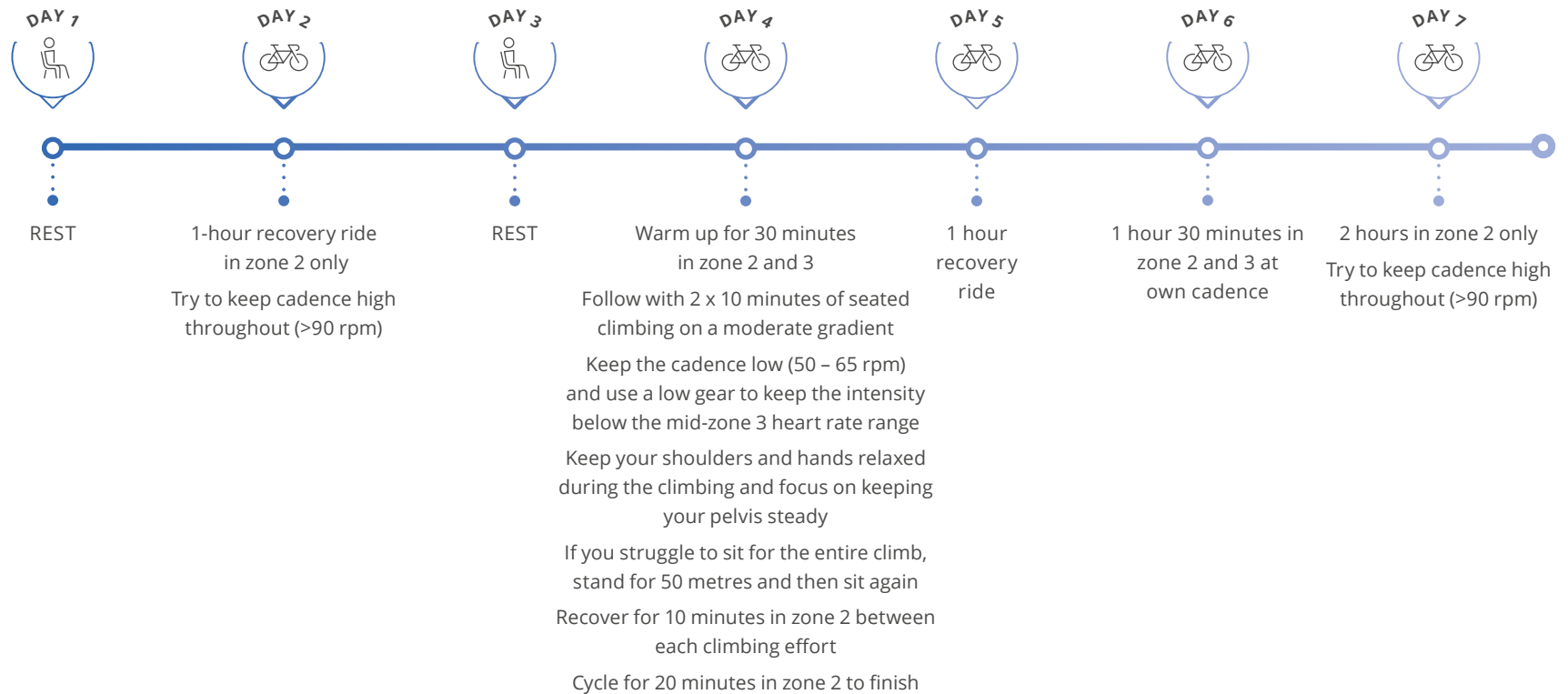
Training effect: Starting to improve health or recovery session
Heart rate zone: 1
Perception of effort: Easy

THE PROGRAMME

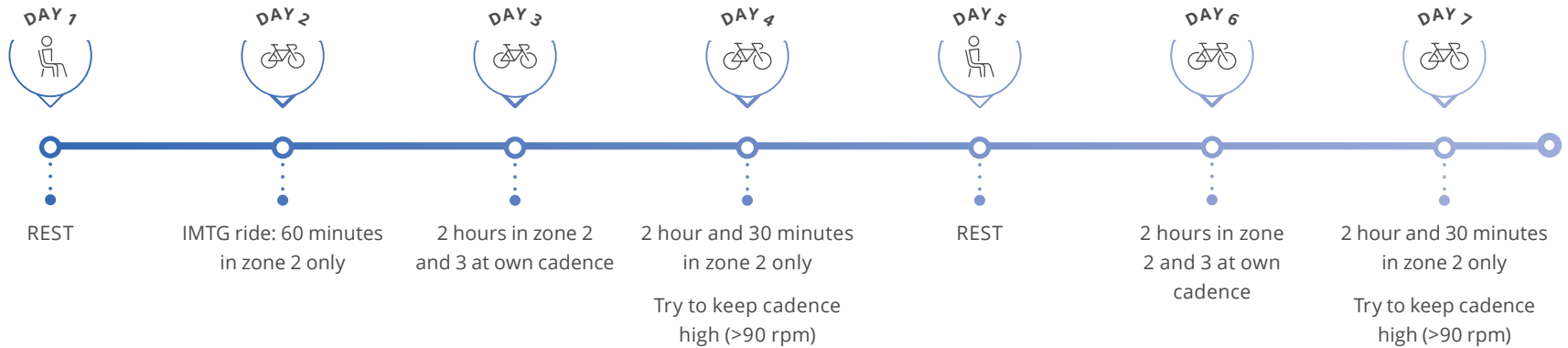
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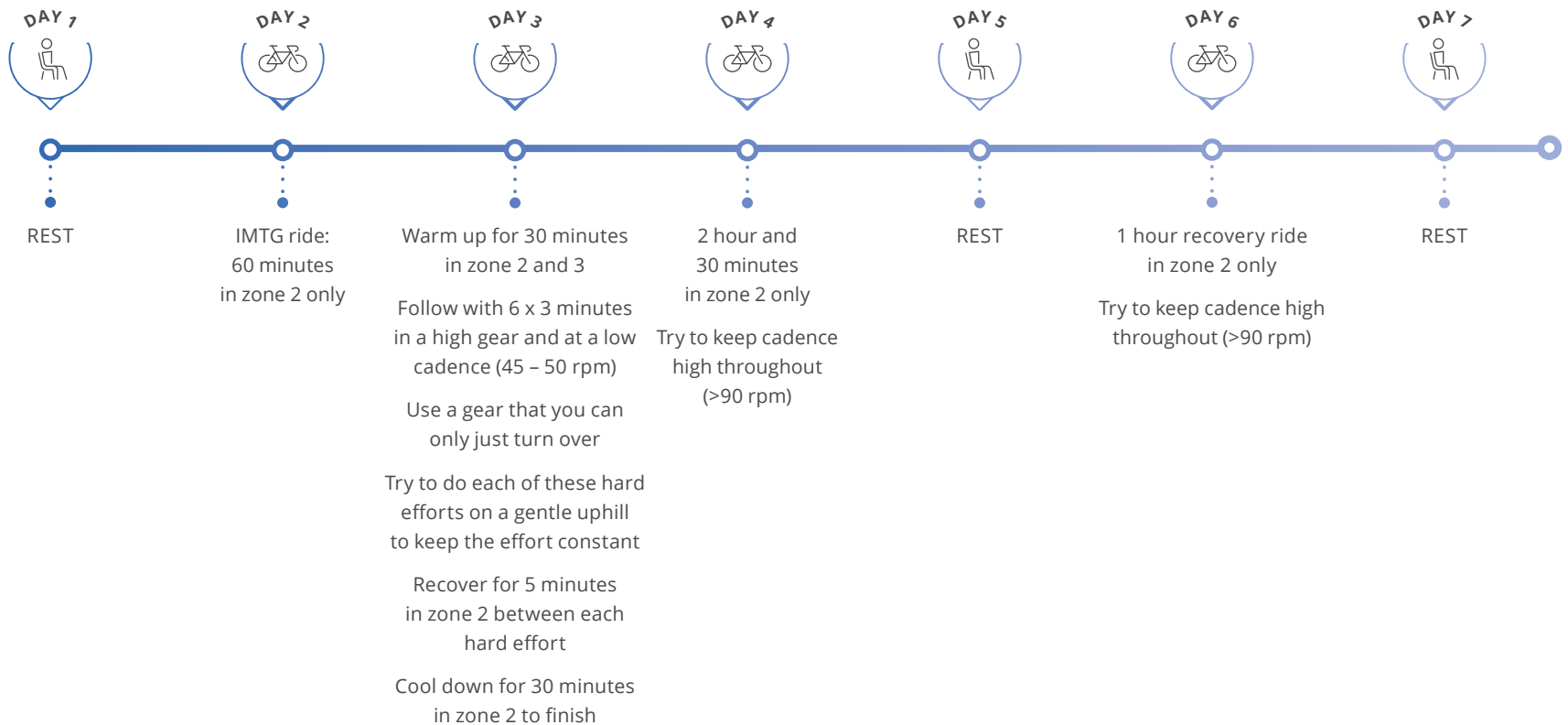
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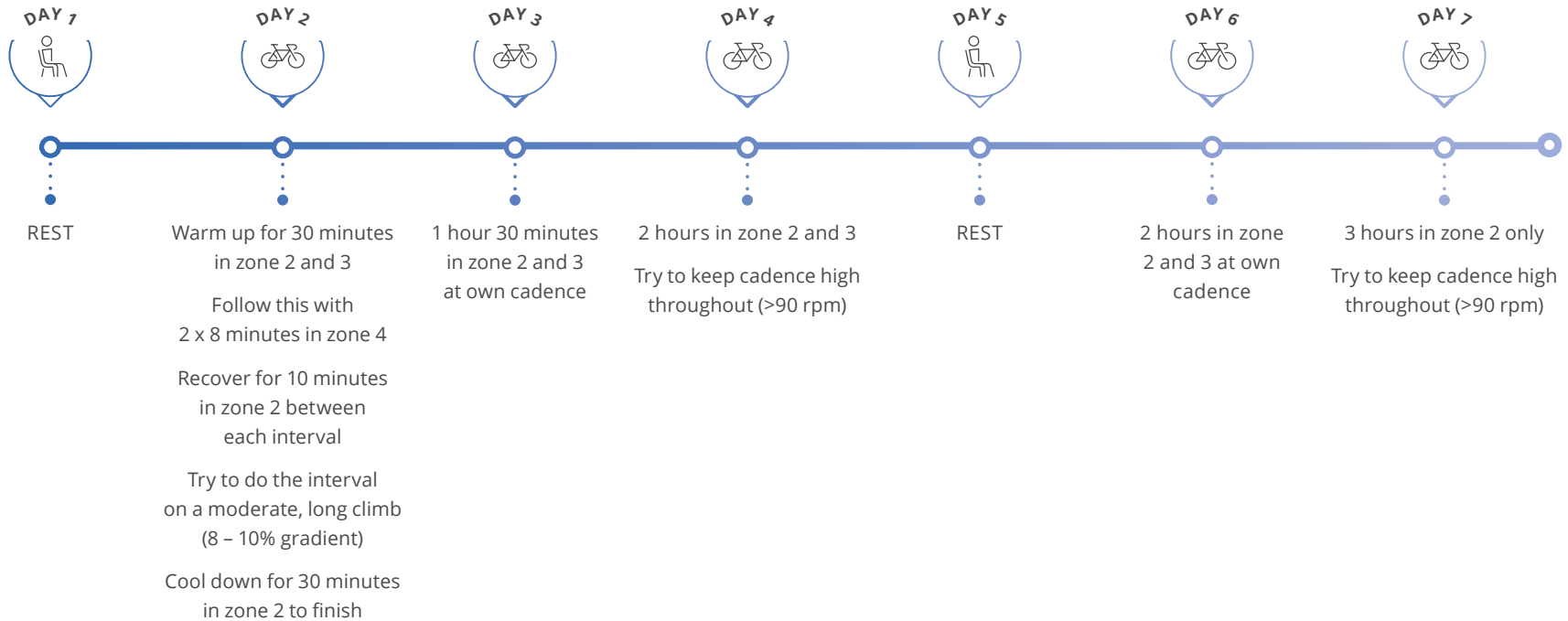
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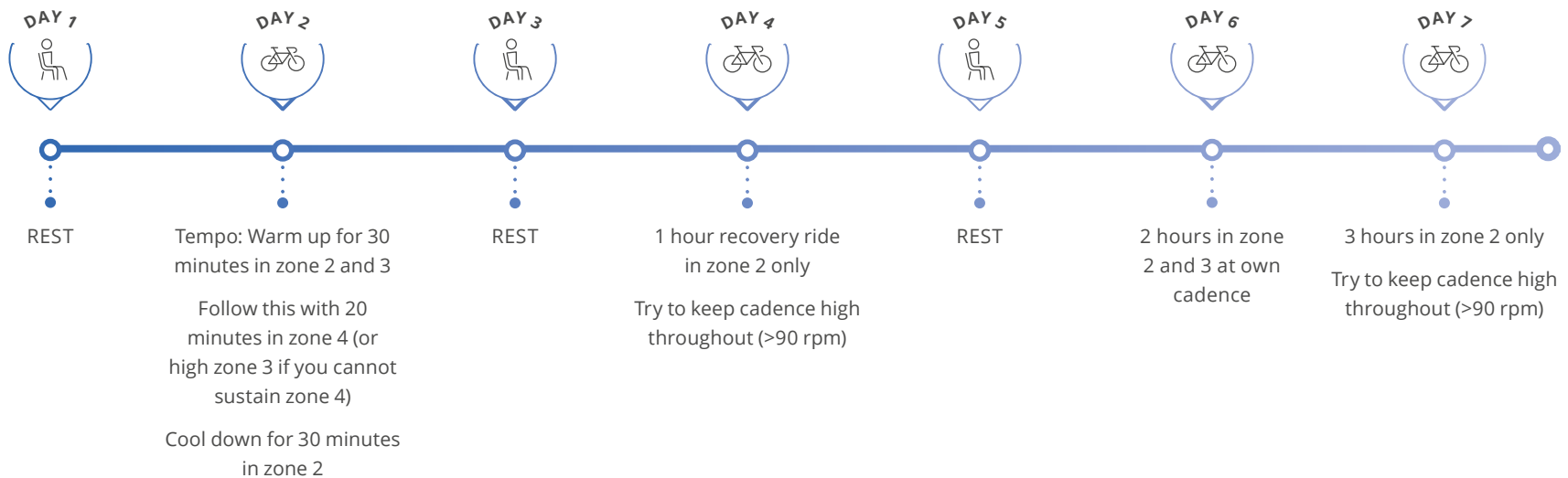
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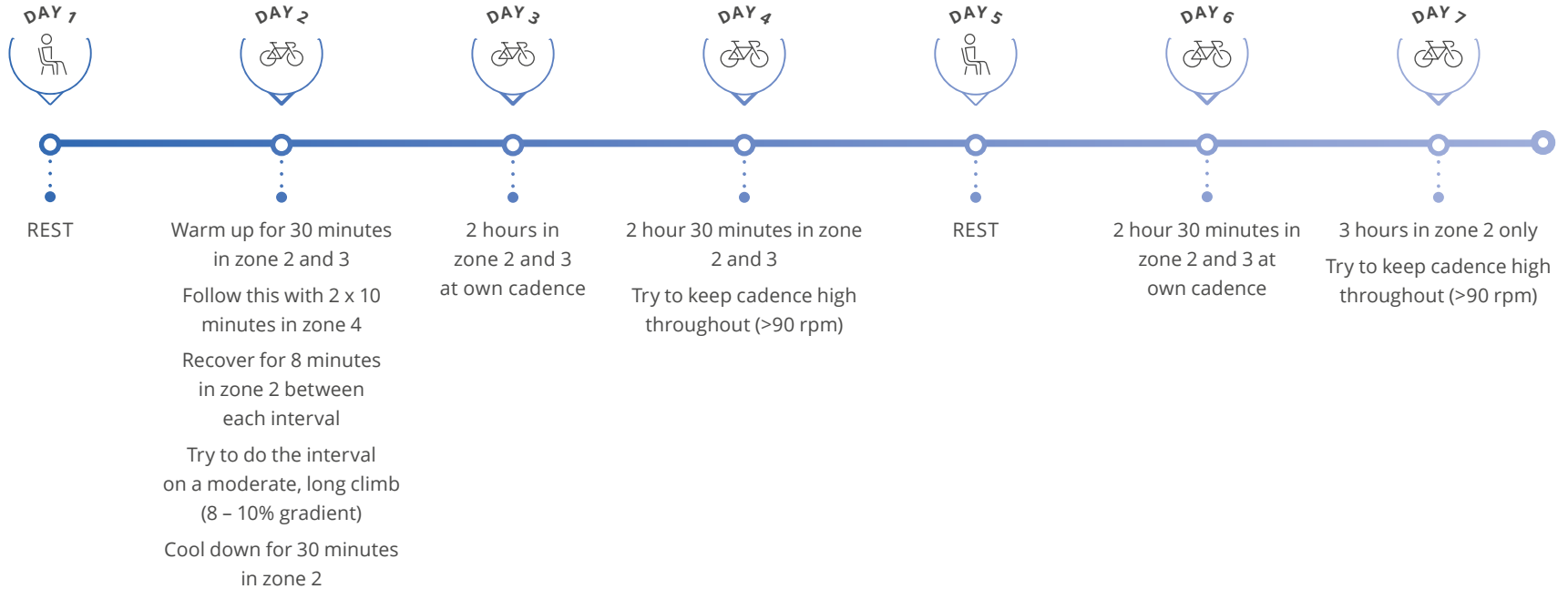
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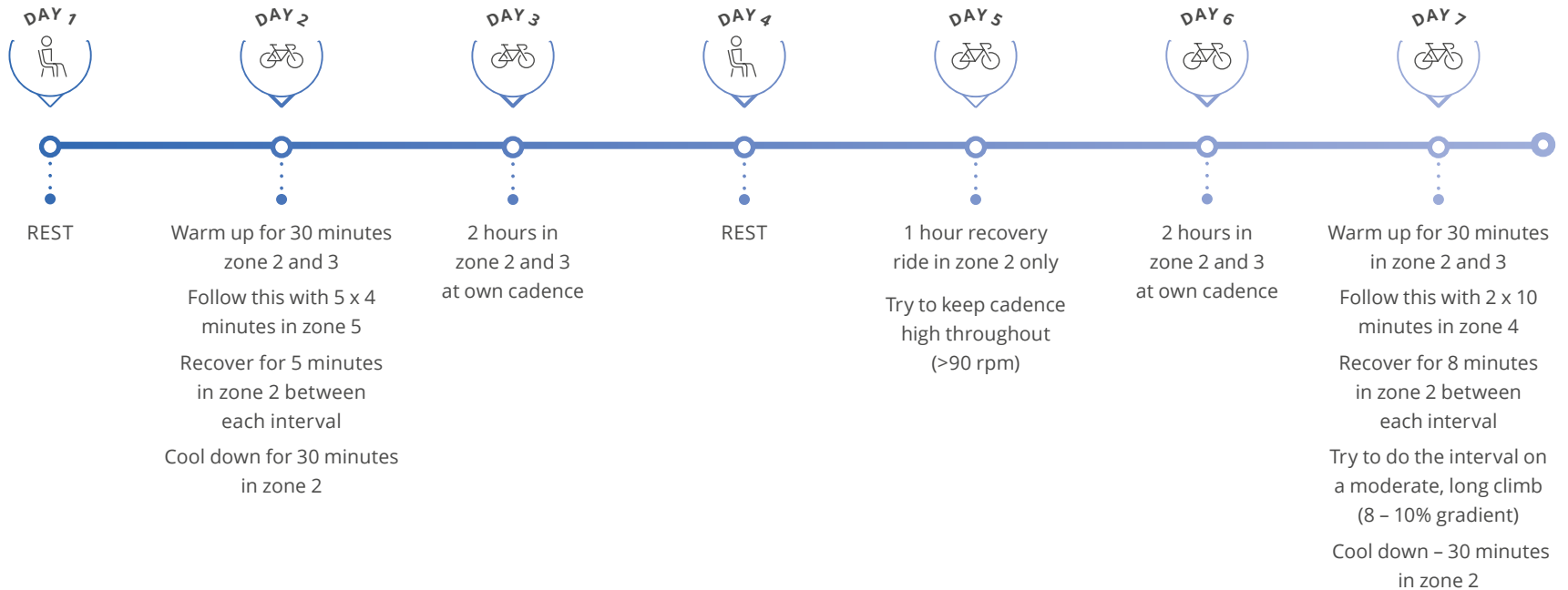
WEEK 6



WEEK 7



WEEK 8



WEEK 9

