

BIKE PROGRAMS

Introduction

About the programs

The programs are divided into time and have different intensities. You can also combine with other programs, that way you can make your "own" program from the prefabricated programs. To supplement your workout, you can set a leisurely pace for 30 minutes, and end the session with high intensity intervals. In short, there are many options, so you can constantly mix the programs and renew your training.

Zones and Intensity

The zones indicate what intensity to apply. Each zone is divided into time sets. Set a stopwatch, or follow the seconds on the clock, and follow the stated timeline; this line tells you when to raise or lower the intensity.

□ White: 0-40% of max effort:
No movement or very little. Used during break.

■ Blue: 40-65% of max effort:
Pleasant pace, the biker can easily have a conversation. Can be used as active breaks. This Zone is good after hard training. It helps with recovery due to the calm pace but, at the same time, sends blood out to the working muscles.

■ Green 65-75% of max effort:
Gets harder, the biker can have a conversation but interrupted by short breaks.

Adjusting the bike

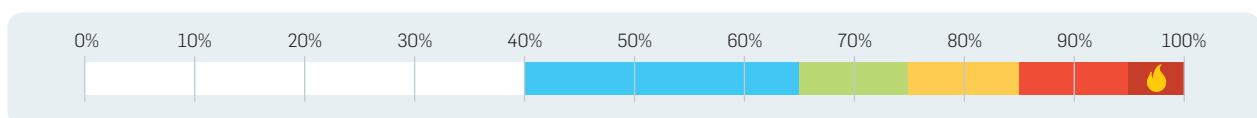
1. Start by adjusting the height of the saddle.
2. Tread one pedal fully down making the opposite thigh horizontal.
3. Adjust the saddle to the same height as the thigh.
4. When sitting on the bike, there should be a slight bend in the knee when the pedal is fully down.
5. Adjustment of the handlebars are individual. You can lower the handlebars for a "racing" position. And if you want a more relaxed position, you can raise the handlebars upwards to sit up straight.

When you need to raise or lower the intensity, you can adjust the resistance on the bike or raise or lower the RPMs you pedal to meet the prescribed intensity and zone.

■ Yellow 75-85% of max effort:
- Acid limit. Legs acidify. It is easier to speak by interrupting sentences/words. Requires concentration and endurance to be in this Zone.

■ Red: 85-95% of max effort:
Heart rate is, not possible to speak, a lot of acid.

■ Red + Flame: 95-100% of max effort:
All out, nothing more to give.



Introduction to the programs/ applications

You can see the programs in a bar chart, with a time zone, for more detail see below (standing, sitting work, etc.)

Zones and intensity

The zones indicate what intensity to apply. Each zone is divided into time sets. Set a stopwatch, or follow the seconds on the clock, and follow the indicated timeline, this line tells you when to raise or lower the intensity.

Position

Indicates if you should sit or stand as you tread.

FTP% can be used using an app/bike with built-in wattage

You need to know the FTP numbers to be able to use this. The zones are made for the same, so it is optional to see this number. Adjust the workload according to the colors in the columns.

RPM is Rounds Per Minute

Indicates how many revolutions per minute you step. Under RPM, there can be additional information showing like: ACC, which means you must accelerate. If you cannot measure your RPM using the app or the bike, simply ride at your favorite pace and raise the pace at ACC. (ACC is indicated by shaded boxes in the bar graph.)

Enjoy and have fun!

